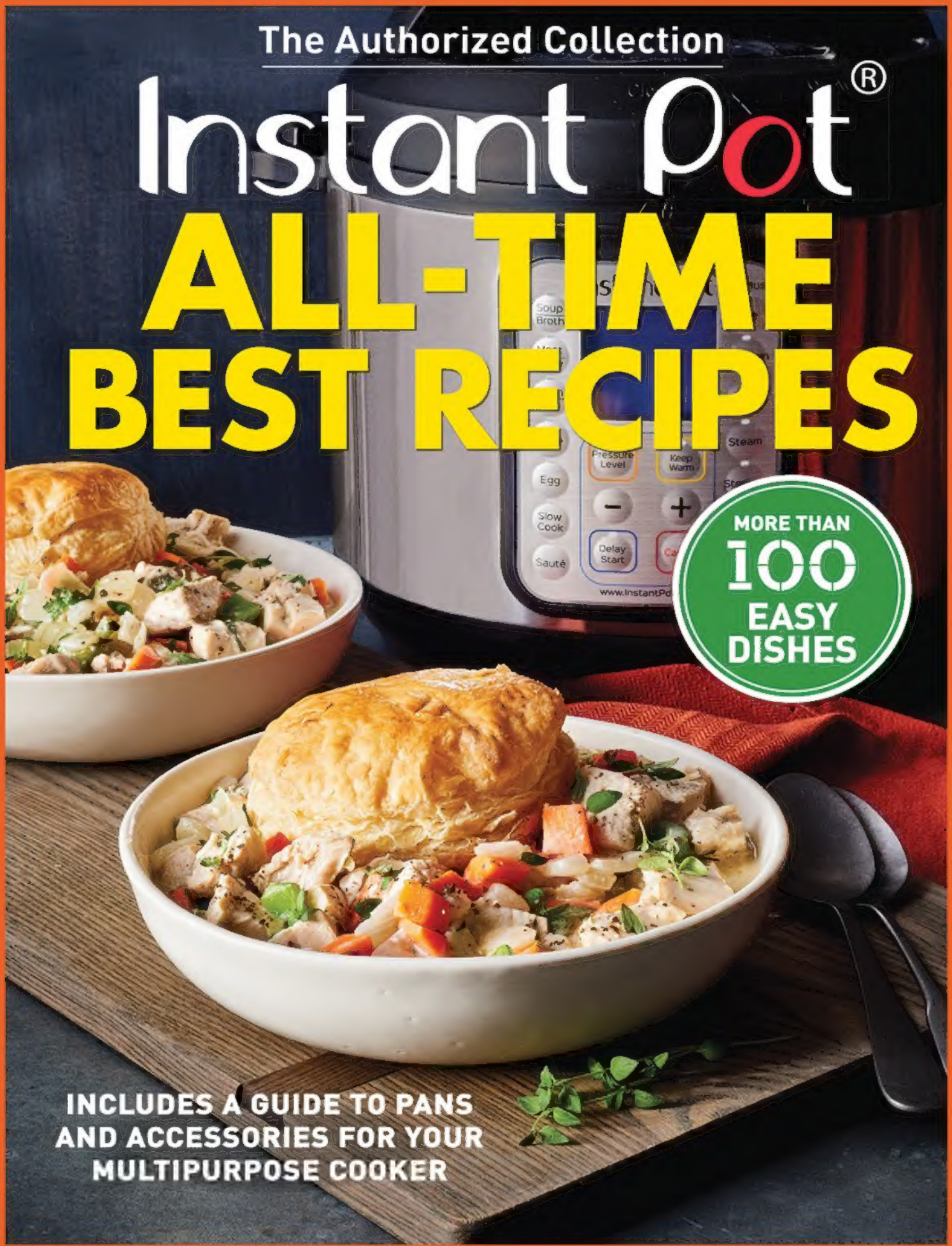
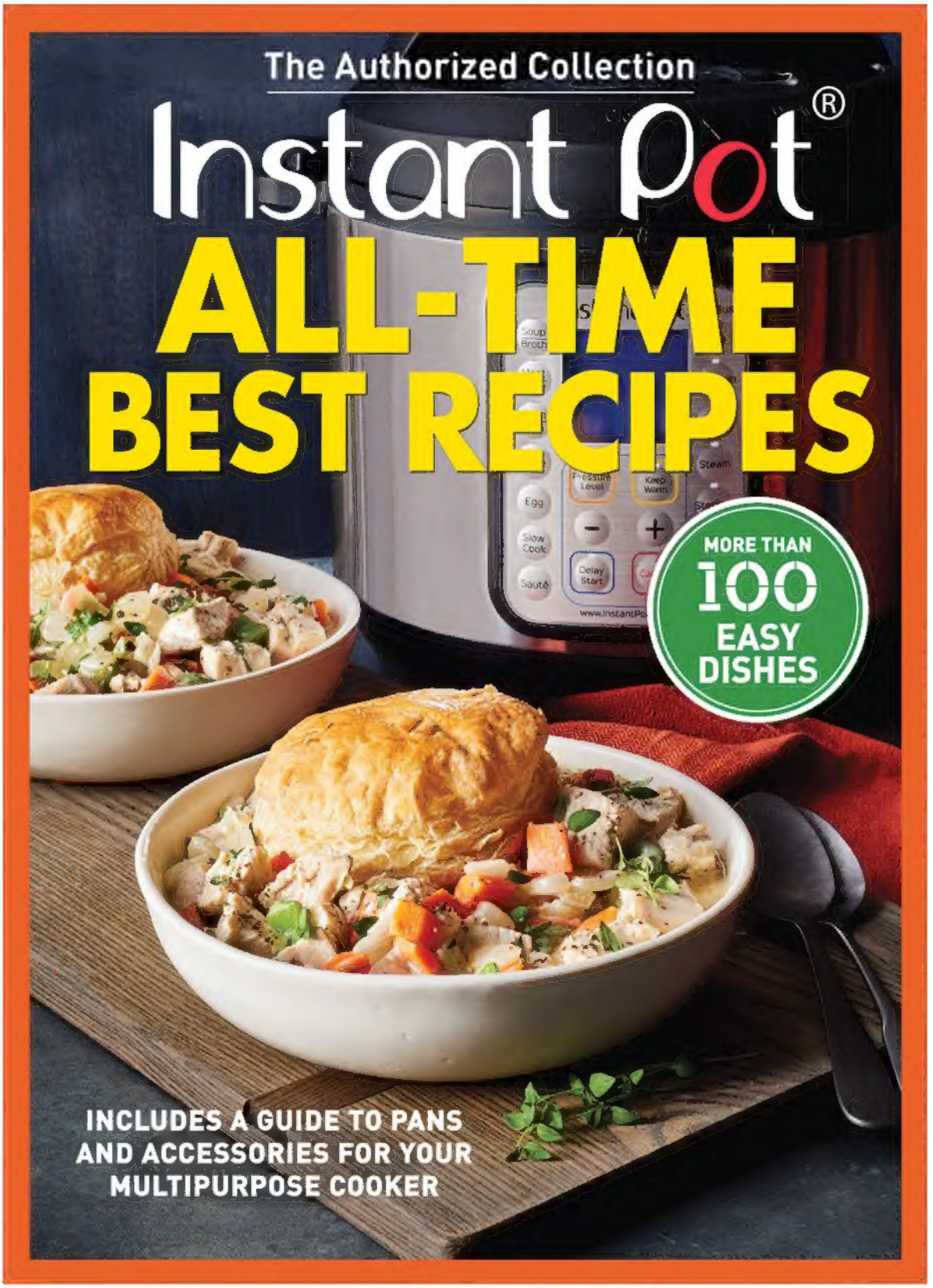
The Authorized Collection

Instant Pot®

ALL-TIME BEST RECIPES



INCLUDES A GUIDE TO PANS AND ACCESSORIES FOR YOUR MULTIPURPOSE COOKER


The Authorized Collection
Instant Pot®
ALL-TIME BEST RECIPES
MORE THAN 100 EASY DISHES
INCLUDES A GUIDE TO PANS AND ACCESSORIES FOR YOUR MULTIPURPOSE COOKER

Instant Pot®
ALL-TIME BEST RECIPES

Oxmoor House

WELCOME

Whether you've just purchased your first Instant Pot® or added a second to your kitchen, *Instant Pot® All-Time Best Recipes* will expand your repertoire of easy, convenient recipes to prepare in this versatile appliance. As a newbie, you'll learn to prepare basic foods like hard-cooked eggs, yogurt, dried beans, and "rotisserie-style" chicken. As an "old hat," you'll take the basics to the next level with creative recipes that begin in the Instant Pot®, but graduate to salads, breads, sides, desserts, and more.

Top Greek Pizza with Chicken and Artichokes with Pressure Cooker Rotisserie-Style Chicken, or add it to Chicken Spaghetti where the pasta cooks right in the sauce. Use Greek Yogurt whey in breads or in a rich ganache to top cinnamon-y Mexican Chocolate Pound Cake. Enjoy start-to-finish recipes like Hearty Oats and Grains topped with crunchy apple, walnuts, and maple syrup for breakfast on crisp fall days.

Cool weather needn't stop you from preparing delicious summer fare, even on weeknights. Begin Sweet and Smoky Ribs when you walk in the door, skip the grill, and serve tender cider-"smoked" spareribs in about an hour. Pair with Picnic Potato Salad and Classic Deviled Eggs or one of its six flavor variations.

And, we haven't forgotten ever-popular cheesecakes and rice puddings. New York, Triple-Chocolate, and Lemon Burst cheesecakes are lower in fat and calories without sacrificing the bliss. *Instant Pot® All-Time Best Recipes* also offers two unique rice puddings.

All this, and more, will keep you cooking quick, nutritious meals with ease. Fast-food restaurants will become but a memory.

Happy Cooking!

Julie Christopher
RECIPE EDITOR

CONTENTS

Three-Cheese Macaroni and Cheese
Instant Pot® Starter's Guide
Eggs
Rice
Cereals, Grains. and Pasta
Yogurt
Meats and Poultry
Soups, Stews, and Chili
Veggies
Beans
Desserts
Metric Equivalents
Recipe Index

INSTANT POT® STARTER'S GUIDE

What is the Instant Pot®?

The Instant Pot® is a programmed multi-purpose appliance that is a pressure cooker, slow cooker, rice cooker, yogurt maker, steamer, sauté pan, and more. It cooks meals faster and remembers your most recent settings for a personalized cooking experience. It saves time cooking foods such as dried beans, stews, and meats.

Pressure Cooking in the Instant Pot®

1 Connect power cord. The LED display shows “OFF” indicating that it’s in standby state. Follow Cooking Preparations.

2 Select a cooking function, e.g. [Manual], [Soup], [Meat/Stew], etc. (Steam release handle should be in “Sealing” position.) Once a function key is pressed, its indicator lights up. (Within 10 seconds after pressing a function key, you can still select other function keys or adjust cooking time.)

3 Select cooking pressure. All functions except [Rice] default to “High Pressure.” For [Rice] function, the default is “Low Pressure.”

4 Select cooking time. You may use the [Adjust] key (except for [Manual] and [Rice] functions) to adjust to default cooking times for each function. Use the [+] or [-] key to fine tune cooking time to the minutes specified in your recipe. Any previously used cooking settings, including fine-tuned times, pressure, and temperature are stored once you change the default settings, even after the Instant Pot® is unplugged. To reset to factory default settings, press and hold the [Adjust] key for 3 seconds when the Instant Pot® is in the “OFF” mode.

5 Cooking starts automatically 10 seconds after the last key press. Three audible beeps will sound to indicate the cooking process has begun. The LED display shows “On” indicating that the pre-heating state is in progress. Once the cooker reaches working pressure, the LED display changes from “On” to the programmed cooking time. The cooking time counts down to indicate the remaining time in minutes.

6 When the pressure cooking cycle finishes, the cooker beeps and automatically goes into the “Keep Warm” cycle, called Auto “Keep Warm” Cycle. Note: Auto “Keep Warm” Cycle is not recommended for rice. (You can deactivate the

Auto “Keep Warm” Cycle by pressing a function key twice during initial programming until the [Keep Warm/Cancel] key light goes off.) Pressing the [Keep Warm/Cancel] key at any time will cancel a program, turn the cooker off, and return it to stand-by state.

Slow Cooking in the Instant Pot®

1 Connect the cooker to the power outlet. The LED display shows “OFF” indicating that it’s in standby state. Follow Cooking Preparations.

2 Press the [Slow Cook] function key. (Steam Release Handle should be in “Venting” position.)

3 Change cooking time between 0.5 and 20 hours by pressing the [+] or [-] key.

4 Select the desired cooking mode by repeatedly pressing the [Adjust] key to select temperature (“Less” for LOW; “Normal” for MEDIUM; “More” for HIGH).

5 Cooking starts automatically 10 seconds after the last key is pressed.

6 When the cooking finishes, the cooker beeps and goes into the Auto “Keep Warm” Cycle for 10 hours.

Sautéing

The lid must be off when using the “Sauté “ function. Press the [Sauté] key. For safety reasons, the maximum operation time of one “Sauté” cycle is 30 minutes. Select the cooking temperature among “Normal”, “More” and “Less” modes with the [Adjust] key. The “Normal” mode is suited for regular sautéing or pan searing. The “More” mode is for stir-frying, blackening meat at a higher temperature, or reducing liquids. The “Less” mode is suitable for simmering liquids, or thickening delicate sauces.

How to Release Pressure

Quick Release:

Turn the steam release handle to the “Venting” position to let out steam until the float valve drops down. Please be aware that Quick Release is not suitable for food with large liquid volume or high starch content (e.g. oatmeal, porridge, sticky liquids, starchy soup, etc.). Food content may splatter out from the steam release. Use Natural Release instead.

Natural Release:
Allow the cooker to cool down naturally until the float valve drops down. This may take 10 to 15 minutes or even longer, depending on the amount of food inside. The cooker will not go into Auto “Keep Warm” Cycle until the pressure has been released.

COOKING PREPARATIONS

Follow these steps when pressure cooking in the **Instant Pot®** for great results each time.

1 **Open the lid:** Grasp the lid handle, rotate approximately 30 degrees counterclockwise in the direction of “Open” until the mark on the lid is aligned with the mark on the cooker base.

Remove the inner pot from cooker: Except when sautéing, it is easier to add food and liquid to the inner pot while it is out of the cooker. Clean and wipe the outside of the inner pot, and remove objects from inside the cooker before returning the inner pot to the cooker.

Add food and liquid to the inner pot: For all pressure cooking programs, the total amount of precooked food and liquid should NEVER exceed ⅔ of the inner pot capacity. For non-pressure cooking programs, do not fill past the MAX line. For foods with high starch content, such as oatmeal, porridge and sticky liquids, do not fill the inner pot past the ½ mark.

Close the lid and position the steam release handle properly: When running any of the programs except “Keep-Warm,” “Sauté,” or “Slow Cook,” align the pointed end of the steam release handle to “Sealing” position. The “Sauté” function must be used without the lid.

Select cooking function, and program the cooker:
Press the desired function key. Adjust pressure, temperature, and cook times according to the directions in your recipe.

NEW FEATURES

PROGRAMS:
Manual
DUO: ✓
DUO PLUS:
NOTES: Use the [Manual] key for pressure cooking when custom time and/or pressure level is desired.

PROGRAMS:
Pressure Cook
DUO:
DUO PLUS: ✓
NOTES: Replaces the DUO's [Manual] custom pressure cooking program key.

PROGRAMS:
Slow Cook
DUO: ✓
DUO PLUS: ✓
NOTES: Non-pressure cooking program. You may also use the Instant Pot ® glass lid as an option. Slow Cook using a choice of 3 heat levels (Less=LOW), (Normal=MED), (More=HIGH).

PROGRAMS:
Sauté
DUO: ✓
DUO PLUS: ✓
NOTES: Use "Less"mode for simmering, thickening, and reducing liquids; "Normal" mode for pan-searing, and "More" mode for stir-frying or browning meat. NEVER have the lid on when Sautéing. Maximum time is 30 minutes as a safety precaution.

PROGRAMS:
High/Low Pressure Level
DUO: ✓

DUO PLUS: ✓
NOTES: On the DUO, toggle to Low or High Pressure using repeated presses of the [Pressure] program key; on the DUO PLUS, use the [Pressure Level] program key. DO NOT fill the inner pot more than ⅔ full. For food that expands during cooking such as rice or dried vegetables, do not fill the inner pot more than ½ full.

PROGRAMS:
Adjust
DUO: ✓
DUO PLUS:
NOTES: On the DUO, use [Adjust] to change heat level modes (“Less”, “Normal”, “More”) for [Sauté], [Slow Cook], and [Yogurt] programs and to select shorter or longer preprogrammed cook time duration. (On the DUO PLUS, heat level or programmed time duration is selected by repeated presses of desired program key.)

PROGRAMS:
Time Control
DUO: ✓
DUO PLUS: ✓
NOTES: Use [+/-] to fine tune changes in pressure cooking times in 1 minute increments. Press and hold to add or subtract rapidly, or press once for each minute of desired change. On the DUO PLUS, also use [+/-] to change slow cook time, yogurt incubation time, or bread proofing time in 30-minute increments.

PROGRAMS:
Rice
DUO: ✓
DUO PLUS: ✓
NOTES: On the DUO, [Rice] is pre-programmed at Low Pressure for cooking regular and parboiled rice. Cooking duration is automatic depending on volume in cooker and cannot be changed. [Rice] on the DUO PLUS is an automated

program, but pressure level can be changed. On both models, turn [Keep Warm] off to prevent over-cooking.

PROGRAMS:
Porridge
DUO: ✓
DUO PLUS: ✓
NOTES: Use for rice porridge and hot cereal grains. DO NOT use Quick Pressure Release for these foods as thick liquid may spatter out and block the pressure release valve.

PROGRAMS:
Yogurt
DUO: ✓
DUO PLUS: ✓
NOTES: Use “More” mode to scald milk to 180°F for yogurt; use “Normal” mode to incubate yogurt; use “Less” mode to proof yeast doughs.

PROGRAMS:
Cake
DUO:
DUO PLUS: ✓
NOTES: Adjust cooking time for different recipes. “Less” mode for lighter moist cakes; “Normal” mode for denser moist cakes; “More” mode for New York style cheesecakes.

PROGRAMS:
Egg
DUO:
DUO PLUS: ✓
NOTES: Pre-set times are intended for extra large eggs. Adjust cooking time with multiple presses of the [Egg] key to account for different egg sizes and desired degree of doneness.

PROGRAMS:
Multigrain
DUO: ✓

DUO PLUS: ✓
NOTES: Choose different time modes based on type of grain and desired texture.

PROGRAMS:
Steam
DUO: ✓
DUO PLUS: ✓
NOTES: Use the trivet provided to elevate food above the water and use Quick Release method to prevent food from overcooking. Use for vegetables, fish, and seafood and to reheat leftovers in heat-proof containers.

PROGRAMS:
Soup
DUO: ✓
DUO PLUS: ✓
NOTES: [Soup] on the DUO; [Soup/Broth] on DUO PLUS. The soup/broth remains clear due to lack of boiling motion under pressure cooking.

PROGRAMS:
Sterilize
DUO:
DUO PLUS: ✓
NOTES: Use to sterilize utensils and to pasteurize dairy products.

PROGRAMS:
Poultry
DUO: ✓
DUO PLUS:
NOTES: On the DUO PLUS, cook poultry with the Meat/Stew program key using “Less” mode. Change time as desired using the [+/-] key. Poultry can also be cooked at High Pressure using either [Manual] or [Pressure Cook] depending on model.

PROGRAMS:
Meat/Stew
DUO: ✓
DUO PLUS: ✓
NOTES: Choose different modes based on the meat texture desired. “More” mode is for fall-off-the bone meat texture.

PROGRAMS:
Bean/Chili
DUO: ✓
DUO PLUS: ✓
NOTES: Choose different modes based on the bean texture desired. Soaked dried beans will take shorter cook time than unsoaked beans.

PROGRAMS:
Keep Warm/Cancel
DUO: ✓
DUO PLUS: ✓
NOTES: On the DUO, automatic [Keep Warm] can be turned off by a second press of desired program key before program starts. Press [Keep Warm/Cancel] to turn cooker off. On the DUO PLUS, [Keep Warm] and [Cancel] are 2 separate keys. Repeated presses of the [Keep Warm] key toggles among low, medium, and high heat modes. [Cancel] turns cooker off.

PROGRAMS:
Timer/Delay Start
DUO: ✓
DUO PLUS: ✓
NOTES: The [Timer] key on the DUO functions the same as [Delay Start] on the DUO PLUS. See product manual for instructions.

INSTANT POT® COOK TIMES

TIPS TO TAKE AWAY

MEAT: Raw meat is perishable and should not be left at room temperature for more than 2 hours. When using delayed cooking, do not set for more than 1 to 2 hours.

VEGGIES: When steaming vegetables, use at least 2 cups of water and a free-standing vegetable steamer or a wire mesh basket set on a trivet. Use Quick Pressure Release to stop cooking.

FRUITS: When steaming fruit, use at least 2 cups of water and a free-standing vegetable steamer or a wire mesh basket or stainless bowl set on a trivet. Use Quick Pressure Release to stop cooking.

MEAT (POULTRY, BEEF, PORK, AND LAMB)

MEAT	COOKING TIME (in Minutes)
Beef, pot roast, steak, rump, round, chuck, blade or brisket, large	35 – 40
Beef, ribs	25 – 30
Chicken, breasts	8 – 10
Chicken, cut up with bones	10 – 15
Chicken, dark meat	10 – 15
Chicken, whole	20 – 25
Ham slice	9 – 12
Lamb, leg	35 – 45
Pork, butt roast	45 – 50
Pork, ribs	20 – 25
Turkey, breast, boneless	15 – 20
Turkey, breast, whole, with bones	25 – 30

FRUITS

FRUITS	FRESH COOKING TIME (in Minutes)	FROZEN COOKING TIME (in Minutes)
Apples, in slices or pieces	2–3	3–4
Apples, whole	3–4	4–6
Apricots, whole or halves	2–3	3–4
Peaches	2–3	4–5
Pears, slices or halves	2–3	4–5
Pears, whole	3–4	4–6

FRESH OR FROZEN VEGETABLE

VEGETABLE	FRESH COOKING TIME (in Minutes)	FROZEN COOKING TIME (in Minutes)
Artichoke, hearts	4 – 5	5 – 6
Beets, small roots, whole	11 – 13	13 – 15
Beets, large roots, whole	20 – 25	25 – 30
Broccoli, flowerets	2 – 3	3 – 4
Cabbage, red, purple or green, shredded	2 – 3	3 – 4
Carrots, sliced or shredded	1 – 2	2 – 3
Celery, chunks	2 – 3	3 – 4
Collard	4 – 5	5 – 6
Corn, kernels	1 – 2	2 – 3
Corn, on the cob	3 – 4	4 – 5
Green beans, whole	2 – 3	3 – 4
Onions, sliced	2 – 3	3 – 4
Peas, in the pod	1 – 2	2 – 3
Potatoes, in cubes	7 – 9	9 – 11
Potatoes, whole, large	12 – 15	15 – 19
Spinach	1 – 2	3 – 4
Squash, acorn, slices or chunks	6 – 7	8 – 9
Squash, butternut, slices or chunks	8 – 10	10 – 12
Sweet potato, whole, small	10 – 12	12 – 14
Sweet potato, whole, large	12 – 15	15 – 19
Sweet pepper, slices or chunks	1 – 3	2 – 4
Tomatoes, in quarters	2 – 3	4 – 5

RICE AND GRAIN

RICE AND GRAIN	WATER QUANTITY (Grain : Water ratios)	COOKING TIME (in Minutes)
Barley, pearl	1:4	25 – 30
Couscous	1:2	5 – 8
Oats, quick cooking	1:1⅔	6
Oats, steel-cut	1:1⅔	10
Porridge, thin	1:6 – 1:7	15 – 20
Quinoa, quick cooking	1:2	8
Rice, Basmati	1:1.5	4 – 8
Rice, brown	1:1¼	22 – 28
Rice, Jasmine	1:1	4 – 10
Rice, white	1:1.5	8
Rice, wild	1:3	25 – 30

INSTANT POT® DISH IT OUT

Springform Pan (7-inch) The sides of this type of pan are expanded and detached from the bottom by flipping a latch on the outside of the pan. This makes removing cheesecakes a snap. While stacking these pans is not recommended for the cheesecakes in this book, you'll need 2 of them to "stack cook" the lasagna. These pans also make cutting and serving layered tortilla pies easier.

Nonstick Bundt Pan (6-cup) This half-sized Bundt pan is a perfect fit for the 6-quart Instant Pot®. Use it to "bake" cakes and quick breads in the characteristic fluted shape. It can be used for most recipes calling for an 8- x 4-inch loafpan.

Custard Cups (6-ounce) Tempered glass custard cups are an excellent choice to cook eggs or individual servings in the Instant Pot®. Glass conducts heat evenly, and the rounded bottoms make perfectly-shaped poached eggs.

Vegetable Steamer (expandable) This type of steamer has legs so a trivet is not necessary to elevate food above the water. The over-lapping side leaves expand to fit the inner pot. The center post is used to lift the steamer from the pot, but it can be removed to accommodate large vegetables like spaghetti squash.

CHAPTER 1
EGGS

Hard-Cooked Eggs
Poached Eggs
Curried Egg Salad Sandwiches
Classic Deviled Eggs
Spicy Southwestern Deviled Eggs
Farmer Salad
Spicy Ham-and-Eggs Benedict

Hard-Cooked Eggs

SERVES: 12
HANDS-ON: 4 MINUTES
UNDER PRESSURE: 8 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

The Instant Pot® "boils" eggs beautifully, and they are so easy to peel! It can take some experimentation to find the sweet spot for your altitude and the size and number of eggs you like to cook, but this method works for 12 cold Grade A Large eggs at an altitude of less than 1000 feet.

1 cup cold tap water
12 refrigerator-cold large eggs
Ice

1. Pour 1 cup cold tap water into the inner pot of a 6-quart Instant Pot®. Insert the steam rack, with handles in the "up" position, into the pot. Carefully set eggs, in a single layer, on the rack, and place the inner pot into the cooker.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Turn off [Keep Warm]. Cook at High Pressure 8 minutes.
3. While eggs cook, fill a large bowl with ice and water. When time is up, immediately open the cooker using Quick Pressure Release. Transfer eggs to ice water to stop the cooking process. Peel and serve hot, or cool completely and store, unpeeled, in the refrigerator up to 2 weeks.

Poached Eggs

SERVES: 4
HANDS-ON: 2 MINUTES
UNDER PRESSURE: 1 MINUTE
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

Many variables can affect the results when poaching eggs in the Instant Pot®, including but not limited to, the number and size of the eggs, or the thickness and type of material of your egg cups (whether glass or silicone) and the starting temperature of the water in the Instant Pot®. The following method works for four Grade A Large eggs in ovenproof glass custard cups at an altitude of less than 1000 feet.

Cooking spray
1¼ cups cold tap water
4 refrigerator-cold large eggs

1. Coat 4 (6-ounce) custard cups with cooking spray. Place 1 tablespoon of the cold water in each cup. Crack 1 egg into water in each cup.
2. Pour remaining 1 cup cold water into the inner pot of a 6-quart Instant Pot®. Set steam rack in cooker with the handles folded under the rack. Place 3 custard cups on top of the rack. Set remaining custard cup in the center on top of the first 3 cups.
3. Close and lock the lid. Turn the steam release handle to "Sealing" position. Turn off [Keep Warm]. Cook at High Pressure 1 to 2 minutes or until desired degree of doneness. Immediately open the cooker using Quick Pressure Release. Carefully lift egg cups from cooker, and remove the eggs from cups using a slotted spoon.

PRESSURE-PERFECT TIP

1. Because water on top of poached eggs can make them appear underdone, it's best to test doneness by pressing the yolks lightly with the back of a coffee spoon. If more doneness is desired, close and lock the lid, press [Keep Warm], and let stand for an additional minute or so; then, test again. (Do not return to pressure and add time, because by the time pressure is regained, eggs will be overcooked.)

2. It is especially important to always prepare quick-cooking foods, like eggs, when the cooker is completely cool because the starting temperature of the cooker affects how long foods are exposed to heat as it comes up to pressure.

3. Use thick rubber kitchen gloves to remove custard cups from cooker. They are easier to manage than pot holders, and you don't have to worry about getting them wet.

Curried Egg Salad Sandwiches

SERVES: 4
HANDS-ON: 10 MINUTES

Greek yogurt replaces mayonnaise and lowers the fat in this variation of a lunchtime favorite.

8 hard-cooked eggs (recipe opposite), peeled and chopped
½ cup plain Greek Yogurt
½ cup chopped red bell pepper
1 teaspoon curry powder
½ teaspoon table salt
½ teaspoon black pepper

2 cups fresh baby spinach
8 slices rye bread, toasted
4 oranges, cut into wedges

1. Combine eggs, yogurt, bell pepper, curry powder, salt, and pepper in a medium bowl; stir well.
2. Place spinach on 4 rye bread toast slices, top evenly with egg salad, and cover with remaining bread slices. Serve with orange wedges or potato chips.

Classic Deviled Eggs

SERVES: 24
HANDS-ON: 15 MINUTES
CHILL: 1 HOUR

What's a picnic without deviled eggs? Here, we also offer six different variations that can be served for any occasion.

12 hard-cooked large eggs, peeled
½ cup mayonnaise
1½ teaspoons white wine vinegar
1½ teaspoons Dijon mustard
⅛ teaspoon kosher salt
Dash of hot sauce (optional)
Garnish: Paprika, fresh chopped chives (optional)

1. Cut eggs in half lengthwise, and carefully remove yolks, keeping egg whites intact.
2. Grate egg yolks using the small holes of a box grater. Mash together yolks, mayonnaise, and next 3 ingredients. Add more salt or hot sauce, if desired.
3. Spoon or pipe yolk mixture into egg whites. Cover and chill at least 1 hour or until ready to serve. Garnish with paprika and chives, if desired.

TROUT CAVIAR-HORSERADISH:
Prepare recipe as directed in Steps 1 and 2; stir 3¾ teaspoons prepared horseradish into yolk mixture. Spoon or pipe yolk mixture into egg white halves. Top each egg half with ¾ teaspoon trout caviar.

COUNTRY HAM-BREADCRUMB:
Prepare recipe as directed in Steps 1 and 2; stir ½ cup finely chopped cooked country ham and ¼ cup finely grated Swiss cheese into yolk mixture. Spoon or pipe yolk mixture into egg white halves. Top with desired amount of toasted breadcrumbs.

AVOCADO-TARRAGON:
Prepare recipe as directed in Steps 1 and 2. Mash together 1½ ripe avocados and 3¾ teaspoons fresh lime juice. Stir avocado mixture and 1 teaspoon dried tarragon into yolk mixture. Add salt and pepper to taste. Spoon or pipe yolk mixture into egg white halves. Top with desired amount of fresh flat-leaf parsley leaves.

SPINACH, POPPY SEED, AND BACON:
Prepare recipe as directed in Steps 1 and 2; stir ¾ cup frozen chopped spinach, thawed, 4½ teaspoons grated red onion, and 4½ teaspoons poppy-seed dressing into yolk mixture. Spoon or pipe yolk mixture into egg white halves. Top with chopped cooked bacon.

SMOKED SALMON, LEMON, AND CAPERS:

Prepare recipe as directed in Steps 1 and 2; stir 1½ tablespoons finely chopped drained capers, ¾ teaspoon loosely packed grated lemon rind, 1 tablespoon lemon juice, ¼ teaspoon black pepper, and ⅛ teaspoon kosher salt into yolk mixture. Spoon or pipe yolk mixture into egg white halves. Top with desired amount of smoked salmon.

CHORIZO-CILANTRO:
Prepare recipe as directed in Steps 1 and 2; stir ¾ cup cooked and crumbled chorizo sausage and 2¼ teaspoons sour cream into yolk mixture. Spoon or pipe yolk mixture into egg white halves. Top with desired amount of fresh cilantro leaves.

Spicy Southwestern Deviled Eggs

SERVES: 24
HANDS-ON: 15 MINUTES
CHILL: 1 HOUR

Choose your favorite mustard for this egg stuffing with a Southwestern kick.

12 hard-cooked large eggs, peeled
6 tablespoons mayonnaise
2 to 4 tablespoons pickled sliced jalapeño chiles, minced
1 tablespoon mustard
½ teaspoon ground cumin
⅛ teaspoon table salt
Garnish: Chopped fresh cilantro (optional)

Cut eggs in half lengthwise, and carefully remove yolks. Mash yolks; stir in mayonnaise and next 4 ingredients. Spoon or pipe egg yolk mixture into egg halves. Cover and chill at least 1 hour or until ready to serve. Garnish with cilantro, if desired.

Farmer Salad

SERVES: 8
HANDS-ON: 18 MINUTES

Choose your preferred level of doneness for the eggs in this recipe.

8 thick bacon slices, cooked and crumbled
8 cups loosely packed baby arugula
4 cups trimmed frisée
2 cups thinly sliced radicchio
2 cups brioche or challah bread cubes, toasted
1 ounce Parmesan cheese, shaved (about ½ cup)
8 soft-cooked or hard-cooked large eggs, peeled
Parmesan Vinaigrette (recipe below)

Toss together first 6 ingredients (through Parmesan cheese). Divide mixture among 8 plates or shallow bowls. Top each with 1 egg, broken or halved. Serve with Parmesan Vinaigrette.

Parmesan Vinaigrette

MAKES: 1½ CUPS
HANDS-ON: 8 MINUTES

5 ounces Parmesan cheese, grated (about 1 ¼ cups)
½ cup red wine vinegar
4 anchovy fillets
1 teaspoon grated lemon rind
1 tablespoon fresh lemon juice
1 garlic clove, pressed
1 teaspoon Dijon mustard
1 teaspoon Worcestershire sauce
½ cup olive oil
Salt and black pepper

Process first 8 ingredients (through Worcestershire sauce) in a blender or food processor until smooth. Add olive oil in a slow, steady stream, processing until smooth. Season with salt and black pepper to taste.

Spicy Ham-and-Eggs Benedict

SERVES: 4
HANDS-ON: 17 MINUTES
UNDER PRESSURE: 1 MINUTE
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

Thanks to the Instant Pot®, you can make picture-perfect eggs for this Southern California-style brunch favorite.

4 frozen biscuits
2 tablespoons butter, melted
3 tablespoons chopped fresh chives
1 (0.9-ounce) envelope hollandaise sauce mix
1 cup milk
1 tablespoon lemon juice

¾ cup chopped lean ham
¼ to ½ teaspoon cayenne pepper
4 large eggs
2 cups loosely packed arugula
1 small avocado, sliced
Black pepper

1. Bake biscuits according to package directions.
2. Preheat oven to 375°F.
3. Combine melted butter and 1 tablespoon of the chives; split biscuits, and brush with butter mixture. Place biscuits, buttered sides up, on a baking sheet, and bake at 375°F for 5 minutes or until toasted.
4. Cook hollandaise sauce mix according to package directions, using 1 cup milk and 1 tablespoon lemon juice and omitting butter. Cook ham, stirring occasionally, in a medium-size nonstick skillet over medium heat 3 to 4 minutes or until browned. Stir ham and cayenne pepper into hollandaise sauce; keep warm.
5. Poach eggs in the Instant Pot® according to instruction.
6. While eggs are poaching, place bottom biscuit halves, buttered sides up, on each of 4 individual serving plates. Top evenly with arugula and avocado. Carefully place eggs on top of avocado. Spoon hollandaise sauce evenly on top of each egg. Sprinkle with remaining 2 tablespoons chives, and add black pepper to taste. Top with remaining biscuit halves, and serve immediately.

CHAPTER 2
RICE

Citrus-Scented Rice with Fresh Basil
Quick Parmesan Risotto
Butternut Squash Risotto
Rice Pudding with Pears and Raisins
Arborio Rice Pudding with Saffron

Citrus-Scented Rice with Fresh Basil

SERVES: 4
HANDS-ON: 5 MINUTES
UNDER PRESSURE: 12 MINUTES
QUICK PRESSURE RELEASE

RICE (LOW PRESSURE)

This rice pairs well with fish and seafood.

1½ cups chicken broth
2 tablespoons butter
1 tablespoon grated orange rind
2 tablespoons fresh orange juice
1 teaspoon grated lemon rind
1 cup uncooked basmati rice
3 tablespoons chopped fresh basil
Garnishes: Orange and lemon slices, grated orange rind, grated lemon rind (optional)

1. Combine first 6 ingredients (through rice) in the inner pot of a 6-quart Instant Pot®.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Rice] and cook at Low Pressure 12 minutes. Open the cooker using Quick Pressure Release.
3. Add basil; fluff rice with a fork. Garnish, if desired.

Quick Parmesan Risotto

SERVES: 6
HANDS-ON: 10 MINUTES
UNDER PRESSURE: 12 MINUTES
QUICK PRESSURE RELEASE

SAUTE (NORMAL) • RICE (LOW PRESSURE)

Practically hands-free risotto? You bet. Stir just for a bit after pressure cooking to develop the characteristic creaminess.

1½ tablespoons butter
⅔ cup finely chopped shallots
3 garlic cloves, minced
1⅓ cups uncooked arborio rice
4 cups chicken broth
2 ounces fresh Parmigiano-Reggiano cheese
1 teaspoon fresh thyme leaves
½ teaspoon grated lemon rind
¼ teaspoon freshly ground black pepper

1. Remove lid from a 6-quart Instant Pot®. Add butter to inner pot. Press [Sauté]. When butter melts, add shallots; cook, stirring constantly, 2 minutes. Add garlic; cook, stirring constantly, 30 seconds. Add rice; cook, stirring constantly, 1 minute until rice is coated with butter. Add ½ cup of the chicken broth; cook, stirring constantly, 1 minute or until liquid is absorbed. Stir in remaining broth.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Press [Rice] and cook at Low Pressure 12 minutes.
3. When cook time is up, turn cooker off. Open the cooker using Quick Pressure Release.
4. Grate 1¾ ounces of the cheese; add to rice mixture. Add thyme, lemon rind, and pepper; stir until desired consistency. Shave remaining ¼ ounce cheese, and top rice with shavings. Serve immediately.

Butternut Squash Risotto

SERVES: 6 TO 8
HANDS-ON: 21 MINUTES
UNDER PRESSURE: 12 MINUTES
QUICK PRESSURE RELEASE

SAUTE (NORMAL) • RICE (LOW PRESSURE)

This creamy rice is the essence of fall. Save the squash seeds to toast for a tasty snack.

2 teaspoons olive oil
½ cup finely chopped yellow onion
1½ cups arborio rice or other short-grain rice
1 cup water
½ teaspoon table salt
¼ teaspoon freshly ground black pepper

3 cups (¾-inch) cubed peeled butternut squash (about 1 pound)
2 (14¼-ounce) cans low-sodium beef broth
2 ounces Parmigiano-Reggiano cheese, grated (about ½ cup)
3 tablespoons unsalted butter
2 tablespoons finely chopped fresh parsley

1. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil. Add onion, and cook, stirring constantly, 5 minutes. Add rice; cook, stirring constantly, 1 minute or until rice is coated with oil.
2. Add ½ cup of the water, salt, and pepper. Cook, stirring constantly, until water is absorbed. Stir in remaining ½ cup water, squash, and broth.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Press [Rice], and cook at Low Pressure 12 minutes.
4. When time is up, open the cooker using Quick Pressure Release. Turn cooker off.
5. Add cheese, butter, and parsley, stirring until creamy. Serve immediately.

Rice Pudding with Pears and Raisins

SERVES: 6
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 4 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
PRESSURE COOK (HIGH PRESSURE)

Pressure cooking helps keep the rice in the pudding from becoming hard when chilled.

3½ cups chopped peeled Bosc pear (about 4 pears)
½ cup raisins
¼ cup apple juice
6 tablespoons sugar

2 (3-inch) cinnamon sticks
4 cups 2% reduced-fat milk
1 cup uncooked arborio rice or other short-grain rice
3 tablespoons nonfat dry milk
¼ teaspoon ground nutmeg
¼ teaspoon table salt
1 (3-inch) piece vanilla bean, split lengthwise
½ cup heavy cream

1. Combine first 3 ingredients (through apple juice) in a small saucepan. Stir in 3 tablespoons of the sugar and 1 of the cinnamon sticks; bring to a boil. Reduce heat to low; simmer 10 minutes or until pear is tender, stirring occasionally. Remove cinnamon stick; discard.
2. While pear cooks, combine milk and next 4 ingredients (through salt) in the inner pot of a 6-quart Instant Pot®. Stir in remaining 3 tablespoons sugar and remaining cinnamon stick. Scrape seeds from vanilla bean; add seeds and bean to rice mixture.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 4 minutes.
4. When time is up, allow a 10-minute Natural Pressure Release. Turn steam release handle to “Venting” to release remaining pressure. Open the cooker; stir in cream. Remove inner pot from cooker, and let pudding cool in pot just until warm, stirring occasionally until creamy and slightly thick (pudding will continue to thicken after cooking as it stands). Remove and discard cinnamon stick and vanilla bean.
5. Serve pudding warm or chilled in individual bowls. Top evenly with pear mixture.

Arborio Rice Pudding with Saffron

SERVES: 8
HANDS-ON: 5 MINUTES
UNDER PRESSURE: 12 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
SLOW COOK: 30 MINUTES

RICE (LOW PRESSURE) • SLOW COOK (LESS MODE) • SAUTÉ (LESS)

Extra creamy with subtle East Indian flavors of saffron and cinnamon, this recipe is deliciously unique.

4 cups 2% reduced-fat milk
1½ cups water
1 cup uncooked arborio rice

½ teaspoon table salt
¼ teaspoon ground cinnamon
⅛ teaspoon crushed saffron threads
⅔ cup sugar
½ cup golden raisins
1 teaspoon vanilla extract
Ground cinnamon (optional)

1. Combine 1½ cups of the milk, water, and next 4 ingredients (through saffron) in the inner pot of a 6-quart Instant Pot®, stirring well. Close and lock the lid. Turn the pressure release handle to "Sealing" position. Press [Rice], and cook at Low Pressure 12 minutes.
2. Allow a 10-minute Natural Pressure Release. Turn pressure release handle to "Venting" to release remaining pressure. Open the cooker, and stir in remaining 2½ cups milk, sugar, and raisins. Close and lock the lid. Turn the pressure release handle to "Venting" position. Press [Slow Cook], and cook on "Less" mode 30 minutes.
3. When time is up, turn cooker off, and remove the lid. Press [Sauté], and set to "Less" mode. Cook, stirring frequently, 3 to 5 minutes or just until pudding comes to a simmer. (Do not boil.) Turn cooker off. Stir in vanilla, and let cool in cooker just until warm, stirring occasionally until creamy and slightly thick (pudding will continue to thicken after cooking as it stands).
4. Serve pudding warm or chilled in individual bowls. Sprinkle with additional ground cinnamon, if desired.

CHAPTER 3

CEREALS, GRAINS, AND PASTA

Cherry-Hazelnut Oatmeal
Hearty Oats and Grains
Cooked Quinoa
Bulgur Pilaf
Cheesy Sausage, Broccoli, and Quinoa Casserole
Chicken Spaghetti
Three-Cheese Macaroni and Cheese
Southern Grits
Creamy Parmesan Grits
Tofu Lasagna

Cherry-Hazelnut Oatmeal

SERVES: 6
HANDS-ON: 7 MINUTES
UNDER PRESSURE: 10 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE

PORRIDGE (HIGH PRESSURE)

Add a drizzle of hazelnut oil to top off this warm breakfast cereal. It gives it an extra-nutty flavor.

5 cups water
2 cups steel-cut oats
⅔ cup dried Bing or other sweet cherries, coarsely chopped
½ teaspoon table salt
½ teaspoon ground cinnamon
5 tablespoons brown sugar
¼ cup chopped hazelnuts, toasted
2 tablespoons toasted hazelnut oil

1. Combine the first 5 ingredients (through cinnamon) in the inner pot of a 6-quart Instant Pot®.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Porridge]; cook at High Pressure 10 minutes. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.
3. Stir in 3 tablespoons of the brown sugar and 1 tablespoon of the nuts. Divide oatmeal among 6 bowls; sprinkle each serving with 1 teaspoon brown sugar. Top each serving with 1½ teaspoons nuts; drizzle with 1 teaspoon hazelnut oil.

Hearty Oats and Grains

SERVES: 8
HANDS-ON: 4 MINUTES
UNDER PRESSURE: 10 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE

PORRIDGE (HIGH PRESSURE)

You can set this wholesome, hearty breakfast cereal combo to cook while you get ready for your day and allow a complete natural pressure release, if you prefer. The Instant Pot® will keep it warm until you're ready to eat.

3 cups water
2 cups unfiltered apple cider
1 cup steel-cut oats
1 cup 10-grain blend (such as Bob's Red Mill)
½ teaspoon table salt
1½ teaspoons ground cinnamon
1 cup 2% reduced-fat milk, warmed
½ cup maple syrup
1½ cups sliced or cubed apple
½ cup chopped walnuts, toasted (optional)

1. Combine 3 cups water and next 5 ingredients (through cinnamon) in the inner pot of a 6-quart Instant Pot®, stirring well.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Porridge], and cook at High Pressure 10 minutes. Allow a 10-minute Natural Pressure Release. Turn the steam release handle to "Venting" to release remaining pressure.
3. Stir well. Spoon about ⅔ cup oat mixture into each of 8 bowls; top evenly with milk, syrup, apple, and nuts.

PRESSURE-PERFECT TIP

Cover and store any leftovers in the refrigerator. Add milk to each serving, cover, and reheat in the microwave.

Cooked Quinoa

MAKES: 5⅓ CUPS
HANDS-ON: 7 MINUTES
UNDER PRESSURE: 1 MINUTE
10-MINUTE NATURAL PRESSURE RELEASE
SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

Quinoa is an amazingly versatile and nutritious grain. From breakfast porridge, to luncheon soups and salads, to dinner sides and dessert puddings, quinoa is great for any meal of the day. Use this recipe to cook up a batch to keep at the ready to add to your favorite recipes.

2 cups pre-washed quinoa
2 cups water

1. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. Add quinoa, and cook, stirring constantly, until toasted and fragrant, about 5 minutes. Stir in 2 cups water.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 1 minute. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.
3. Open cooker, and fluff quinoa with a fork. Use immediately, or cool completely, divide into 1- to 2-cup freezer containers, and freeze up to 3 months.

PRESSURE-PERFECT TIP

Toasting is not absolutely necessary, but it makes for a fluffier texture when using quinoa for salads or as a pilaf side dish. Purchased pre-washed quinoa is a convenient time-saver.

Bulgur Pilaf

SERVES: 4 TO 6
HANDS-ON: 6 MINUTES
UNDER PRESSURE: 12 MINUTES
QUICK PRESSURE RELEASE

SAUTÉ (NORMAL) • RICE (LOW PRESSURE)

Bulgur wheat (cracked wheat), a tasty alternative to rice, is high in soluble fiber. The flavor of this recipe is reminiscent of Thanksgiving cornbread dressing.

1 tablespoon olive oil
1 tablespoon butter
3 tablespoons finely chopped onion
2 tablespoons finely chopped celery

1 cup uncooked medium bulgur wheat
2 cups chicken broth
½ teaspoon table salt
½ teaspoon Italian seasoning
Garnishes: lime wedges, chopped cashews, fresh chives (optional)

1. Remove the lid from a 6-quart Instant Pot®. Add olive oil and butter to inner pot. Press [Sauté]. Cook until butter melts. Add onion and celery. Cook, stirring constantly, 2 minutes. Add bulgur, stirring to coat with oil. Stir in chicken broth, salt, and Italian seasoning.
2. Turn cooker off. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Rice], and cook at Low Pressure 12 minutes.
3. When time is up, remove lid using Quick Pressure Release. Fluff pilaf with a fork. Garnish, if desired.

Cheesy Sausage, Broccoli, and Quinoa Casserole

SERVES: 12
HANDS-ON: 37 MINUTES
BAKE: 18 MINUTES

SAUTÉ (NORMAL)

Having quinoa cooked and on hand will give you a jump-start on this recipe. Prepare the entire recipe on the weekend. Enjoy one casserole right away, and freeze the other for a weeknight dinner.

1½ tablespoons olive oil
½ cup chopped yellow onion
½ cup chopped carrot

4 (4-ounce) links sweet Italian chicken sausage, casings removed
¼ cup all-purpose flour
2 tablespoons unsalted butter
2 garlic cloves, finely chopped
2 cups whole milk
2 cups unsalted chicken stock (such as Swanson)
6 cups chopped fresh broccoli florets
1 tablespoon chopped fresh thyme
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper
¼ teaspoon red pepper flakes
5⅓ cups hot Cooked Quinoa
Cooking spray
½ cup whole-wheat panko (Japanese-style breadcrumbs)
4 ounces Cheddar cheese, shredded (about 1 cup)

1. Preheat oven to 400°F.
2. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in 1 tablespoon of the oil. Add onion, carrot, and sausage; cook 7 minutes, stirring to crumble sausage. Remove sausage mixture to a bowl with a slotted spoon.
3. Add flour, butter, and garlic to drippings in pot; cook 2 minutes, stirring frequently. Add milk and stock; bring to a boil. Cook 2 minutes, stirring constantly with a whisk. Stir in broccoli, 2 teaspoons of the thyme, ⅜ teaspoon of the salt, ⅜ teaspoon of the black pepper, and red pepper flakes. Cook 2 minutes, stirring constantly. Turn cooker off. Stir in quinoa and sausage mixture.
4. Coat 2 (8-inch) square microwave-safe glass or ceramic baking dishes with cooking spray. Divide quinoa mixture between dishes. Combine remaining 1½ teaspoons oil and panko in a bowl; add remaining 1 teaspoon thyme, remaining

⅛ teaspoon salt, remaining ⅛ teaspoon black pepper, and Cheddar cheese. Sprinkle cheese mixture evenly over casseroles.

5. Bake at 400°F for 18 minutes or until browned, or follow freezing instructions.

FREEZE: Cool unbaked casseroles completely; cover tightly with aluminum foil. Freeze up to 2 months.

THAW: Remove foil. Microwave at HIGH 20 minutes or until thawed.

REHEAT: Cover with aluminum foil and bake at 375°F for 25 minutes; broil 5 minutes or until golden brown.

Chicken Spaghetti

SERVES: 6 TO 8
HANDS-ON: 22 MINUTES
UNDER PRESSURE: 5 MINUTES
5-MINUTE NATURAL PRESSURE RELEASE

SAUTÉ (NORMAL, LESS) • PRESSURE COOK (HIGH PRESSURE)

The addition of cheese makes the sauce extra creamy in this chicken spaghetti, and the pasta cooks right in the sauce.

1 tablespoon olive oil
1 medium onion, chopped
1 small green bell pepper, chopped
1 (6-ounce) can Italian-style tomato paste
2 cups water
1 (14½-ounce) can Italian-style stewed tomatoes

1 (14-ounce) can chicken broth
1 (12-ounce) package spaghetti, broken in half
16 ounces processed cheese, cubed
3 cups chopped Pressure Cooker Rotisserie-Style Chicken
Garnishes: basil sprigs, shaved Parmesan cheese, freshly ground black pepper (optional)

1. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil. Add onion and bell pepper. Cook, stirring constantly, 3 to 4 minutes. Add tomato paste, stirring until blended. Stir in 2 cups water, tomatoes, broth. Add pasta; stir to separate strands. (Make sure all pasta is submerged in liquid.) Turn cooker off.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 5 minutes. When time is up, allow a 5-minute Natural Pressure Release. Turn steam release handle to “Venting” to release remaining pressure; remove lid. Turn cooker off. Press [Sauté]; set to “Less” mode. Stir in cheese, and cook 1 minute or until cheese melts, stirring constantly. Stir in chicken; cook 2 to 3 minutes or until thoroughly heated, stirring frequently.Garnish, if desired.

Three-Cheese Macaroni and Cheese

SERVES: 6
HANDS-ON: 38 MINUTES
UNDER PRESSURE: 3 MINUTES
5-MINUTE NATURAL PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

This delicious three-cheese macaroni and cheese is the perfect comfort meal.

1 tablespoon olive oil
⅔ cup panko (Japanese-style breadcrumbs)
8 ounces uncooked elbow macaroni (about 2 cups)
2½ cups water

Butter-flavored cooking spray
1 tablespoon butter
1 cup finely chopped onion (about 1 medium)
2 tablespoons all-purpose flour
1 garlic clove, minced
1½ cups 1% low-fat milk
1 bay leaf
2 ounces Gorgonzola cheese, crumbled (about ½ cup)
3 ounces Parmigiano-Reggiano cheese, grated (about ¾ cup)
¼ teaspoon table salt
⅛ teaspoon freshly ground black pepper
2½ ounces part-skim mozzarella cheese, shredded (about ⅔ cup)

1. Remove lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil. Add panko; cook, stirring constantly, 1 minute or until golden brown. Turn cooker off. Remove panko from inner pot; set aside. Wipe inner pot with a paper towel; return to cooker.
2. Add macaroni and 2½ cups water to inner pot; stir. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 3 minutes. When time is up, allow a 5-minute Natural Pressure Release. Turn the steam release handle to “Venting” to release remaining pressure. Drain pasta, and place in a bowl. Cover and keep warm. Wipe inner pot dry with paper towels, and return to cooker. Coat pot with cooking spray.
3. With the lid off, add butter to pot. Press [Sauté]; select “Less” mode. When butter melts, add onion; cook 8 minutes or until tender, stirring occasionally. Add flour and garlic; cook 1 minute, stirring constantly. Gradually stir in milk and add bay leaf; bring to a boil, stirring constantly with a whisk. Cook 3 to 5 minutes or until thickened, stirring constantly.

Add Gorgonzola, ½ cup of the Parmigiano-Reggiano, salt, and pepper; stir until cheeses melt. Discard bay leaf.

4. Add pasta to cheese mixture, stirring constantly until thoroughly heated. Sprinkle evenly with mozzarella. Turn cooker off. Remove inner pot from cooker. Cover and let stand 2 minutes or until cheese melts.

5. Combine remaining ¼ cup of the Parmigiano-Reggiano and panko; sprinkle evenly over pasta mixture. Serve immediately.

Southern Grits

SERVES: 4
HANDS-ON: 3 MINUTES
UNDER PRESSURE: 18 MINUTES
QUICK PRESSURE RELEASE

PORRIDGE (HIGH PRESSURE)

Grits are a staple on Southern breakfast menus. While "al dente" is a term more often associated with pasta, if you're in a bit of a hurry, these grits will be tender, yet al dente, at 10 minutes, but just not as creamy.

4 cups water
1 cup white, yellow, or speckled stone-ground grits
½ teaspoon table salt
¼ teaspoon freshly ground black pepper
Butter

1. Pour 4 cups water into the inner pot of a 6-quart Instant Pot®. Add grits and salt, stirring well. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Porridge], and cook at High Pressure 18 minutes.
2. When time is up, turn cooker off. Open cooker using Quick Pressure Release. Add pepper, stirring well. Top each serving with a pat of butter.

Creamy Parmesan Grits

SERVES: 4 TO 6
HANDS-ON: 6 MINUTES
UNDER PRESSURE: 18 MINUTES
QUICK PRESSURE RELEASE

PORRIDGE (HIGH PRESSURE)

Parmesan adds its nutty, cheesy goodness to these grits made even richer by the butter and cream.

4 cups water
1 cup stone-ground grits
2 teaspoons kosher salt
1 ounce Parmesan cheese, grated (about ¼ cup)
2½ tablespoons butter
2 tablespoons heavy cream

1. Combine first 3 ingredients in the inner pot of a 6-quart Instant Pot®.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Press [Porridge]; cook at High Pressure 18 minutes. When time is up, turn cooker off. Open the cooker using Quick Pressure Release. Remove inner pot from the cooker.
3. Stir in cheese and butter. Stir in cream, and serve immediately.

Tofu Lasagna

SERVES: 6 TO 8
HANDS-ON: 42 MINUTES
UNDER PRESSURE: 20 MINUTES
NATURAL PRESSURE RELEASE
BROIL: 3 MINUTES

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

You won't miss the meat in this vegetarian rendition of classic lasagna. Mushrooms and wheat germ lend a meatlike texture to the sauce, and tofu substitutes for ricotta cheese.

1 (16-ounce) package firm tofu, well drained
2 ounces Parmesan cheese, shredded (about ½ cup)
1 (8-ounce) package pre-shedded Italian 5-Blend Cheese (such as Kraft)

¼ cup chopped fresh flat-leaf parsley
1 tablespoon olive oil
1 tablespoon butter
1 (8-ounce) package cremini mushrooms, chopped
3 garlic cloves, minced
¾ teaspoon table salt
½ teaspoon dried marjoram, crumbled
⅛ teaspoon freshly ground black pepper
2½ tablespoons extra-dry vermouth
2½ cups bottled marinara sauce (such as Ragu)
1 cup water
½ cup toasted wheat germ (such as Kretchmer's)
Cooking spray
16 no-boil lasagna noodles

1. Place tofu in a bowl; mash with a fork until the consistency of cottage cheese. Add Parmesan cheese, and toss well. Combine Italian cheese blend and parsley in a separate bowl.
2. Remove the lid of a 6-quart Instant Pot®. Add olive oil and butter to inner pot. Press [Sauté]. When butter melts, add mushrooms. Cook, stirring frequently, 5 minutes. Stir in garlic and next 3 ingredients (through pepper). Cook, stirring constantly, 30 seconds. Stir in vermouth, and cook 1 minute. Stir in marinara sauce, ½ cup of the water, and wheat germ. Cook just until sauce begins to bubble slightly. Stir well, and turn cooker off. Remove inner pot from cooker. Set aside.
3. Coat 2 (7-inch x 2½-inch-deep) springform pans with cooking spray. In the bottom of one pan, layer 2⅔ noodles, breaking noodles into large pieces, as necessary, to fit pan. Spread ⅔ cup sauce evenly over noodles to completely cover. Layer ⅔ cup tofu mixture over sauce. Sprinkle with ⅓ cup cheese mixture. Repeat layers with noodles, sauce, tofu mixture, and cheese mixture. Layer 2⅔ noodles over cheese mixture. Top with ⅔ cup sauce and ⅓ cup cheese mixture.

Repeat layering procedure in second pan with remaining noodles, sauce, tofu, and cheese mixture.

4. Cover just the tops of springform pans with aluminum foil coated with cooking spray, coated side down. Crimp edges to tightly secure foil to each pan. Wash and dry the inner pot; return pot to cooker. Add remaining 1½ cups water to inner pot.

5. Place 1 pan on the steam rack. Using rack handles, lower pan into inner pot. Carefully set second pan directly on top of first pan, ensuring that there is clearance between sides of pans and inner pot all around.

6. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 20 minutes. Allow a complete Natural Pressure Release. Open cooker. Remove pans from cooker; remove foil from pans. Set pans on a sheet pan lined with foil.

7. Preheat broiler to high heat.

8. Broil in top half of the oven 3 minutes or just until cheese is lightly browned. Let stand 10 minutes. Remove the sides of each pan and transfer each lasagna to a large plate. Cut into wedges, and serve hot.

CHAPTER 4
YOGURT

Plain Yogurt
White Chocolate-Strawberry Yogurt Ice Pops
Yogurt Parfait
Greek Yogurt
Peach-Oat Muffins
Carrot-Poppy Seed Muffins
Skillet Cornbread
Peasant Bread
Oatmeal Waffles with Sautéed Apples

Plain Yogurt

MAKES: 2 QUARTS
HANDS-ON: 10 MINUTES
INCUBATE: 8 HOURS
CHILL: 12 HOURS

YOGURT (MORE; NORMAL)

You can make yogurt in the Instant Pot®, using any percentage of fat milk (fat-free, 1% low-fat, 2% reduced-fat, or whole), even reconstituted nonfat dry milk.

2 tablespoons plain yogurt with active live cultures, room temperature (see Pressure-Perfect Tip)
2 quarts milk

1. Place yogurt in a 1-cup glass measuring cup; stir well. Cover and let stand while preparing the milk.
2. Pour milk into the inner pot of a 6-quart Instant Pot®. Close and lock the lid; turn the steam release handle to "Venting." Press [Yogurt], and select "More" mode. (You should see the word "boil" on the display.) Stirring the milk occasionally will help prevent hot spots on the bottom of the pot. When the milk reaches 180°F, the word "yogt" will appear, and the Instant Pot® will beep. Stir well, and check that the milk registers at least 180°F, but not more than 185°F on a thermometer. If temperature is less than 180°F, press [Yogurt], and repeat the cycle.
3. Open the lid. Remove the inner pot from the cooker, and place on a wire rack to cool to 110° to 115°F, stirring occasionally.
4. Stir yogurt, and gradually stir in ½ cup of the milk, about ¼ cup at a time, stirring until smooth after each addition. Pour into the remaining milk in the inner pot, and stir well. Place the inner pot in the cooker. Close and lock the lid. Turn the steam release handle to "Sealing" or "Venting" position, and press [Yogurt]. (Insure that "Normal" mode is selected.) Set timer for 8 hours.

5. When time is up, the Instant Pot® will beep, "yogt" will appear on the display, and the cooker will go into standby mode.
6. Test to see if yogurt is set: Insert a clean coffee spoon into the center of the mixture, and without stirring or otherwise disturbing the rest of the mixture, remove a spoonful to taste. Yogurt should be the texture of custard and taste mildly tart. (Yogurt will continue to thicken and become slightly more tart as it chills.) If yogurt is not set, or you desire a more tart product, press [Yogurt]; set time for an additional 1 to 2 hours, and test again.
7. When yogurt is ready, remove inner pot from cooker, being careful not to disturb the set. Cover and chill 12 hours or overnight.
8. Transfer yogurt to smaller containers if desired, or strain to make Greek yogurt, and store in the refrigerator up to 1 month.

PRESSURE-PERFECT TIPS

• You may set the inner pot in a large bowl of cold, not ice, water to hasten cooling to 110° to 115°F. Stir often and check the temperature after stirring.
• Temperature is critical in making yogurt. If the milk is too hot, it will kill the culture; if too cold, the culture won't grow properly, and the yogurt will fail to thicken. You'll need an accurate instant-read thermometer to check the temperature of the milk before adding the yogurt culture. It's important that the yogurt culture is at room temperature to more easily blend with the milk.
• When using nonfat dry milk, reconstitute according to package directions. Use distilled or filtered water for best flavor.
• It's best to start with commercial plain yogurt the first time. Make sure it contains active live cultures, and does not contain gelatin or thickeners. Then, save some

yogurt from each batch to culture the next. You can freeze it in 2-tablespoon portions in airtight containers. Thaw and bring to room temperature before use.

White Chocolate-Strawberry Yogurt Ice Pops

SERVES: 6
HANDS-ON: 15 MINUTES
FREEZE: 6 HOURS

You don't have to wait for the ice cream truck to make its summertime rounds. You can have these fun treats any time of year.

1 cup sliced strawberries
⅓ cup superfine sugar
1 teaspoon vanilla extract
2 cups Plain Yogurt

⅓ cup candy sprinkles
8 ounces white chocolate, finely chopped
¼ cup coconut oil

1. Combine strawberries, sugar, and vanilla in a large bowl. Mash berries with a fork until sugar is dissolved. Stir in yogurt.
2. Divide mixture among 6 (4-ounce) ice-pop molds. Top with lids. Insert a craft stick into each mold. Freeze for 6 hours or until frozen.
3. Place sprinkles on a small plate. Combine chocolate and coconut oil in a tall microwave-safe glass. Microwave at HIGH 1 minute or just until melted. Stir until smooth. Allow to cool to room temperature.
4. Remove pops from molds. Dip ends in melted chocolate, letting excess drip off, and then quickly roll in sprinkles. Serve immediately.

Yogurt Parfait

SERVES: 8
HANDS-ON: 10 MINUTES
BROIL: 5 MINUTES
COOL: 8 MINUTES

To make this portable breakfast in a snap, prepare the granola in advance and store in an airtight container.

1 cup old-fashioned rolled oats
¼ cup raw sunflower seeds
¼ cup sweetened flaked coconut
¼ cup chopped walnuts
¼ cup flex seed meal
½ teaspoon ground cinnamon
¼ teaspoon table salt

2 tablespoons butter, melted
2 tablespoons honey
½ teaspoon vanilla extract
4 cups plain fat-free Greek Yogurt
2 cups raspberries or other fresh berries*

1. Place oven rack on middle shelf, about 10 inches below broiler. Preheat broiler to high heat.
2. Combine first 7 ingredients (through salt) on a baking sheet; toss well. Broil 3 minutes or until lightly toasted, stirring every 1 minute. Combine butter, honey, and vanilla in a small bowl. Drizzle butter mixture over oat mixture; toss to coat. Broil granola an additional 2 minutes or until well toasted, stirring after 1 minute. Remove granola from oven; cool on pan 8 minutes, stirring occasionally.
3. Spoon ½ cup yogurt into each of 8 bowls. Top with about ⅓ cup granola and about ¼ cup berries.

*You may substitute fresh cherries or any fresh berries for the raspberries.

Greek Yogurt

MAKES: ABOUT 1 QUART
HANDS-ON: 10 MINUTES
CHILL: 2 HOURS

Greek yogurt is thick and creamy as a result of straining plain yogurt. It is great plain on top of baked potatoes or chili, or layered in parfaits, or on top of cobblers and other desserts to balance the sweetness. Choose your favorite stir-in to sweeten, flavor, or add texture.

Plain Yogurt
Cheesecloth or coffee filters

1. Prepare and chill Plain Yogurt overnight. Set a fine-mesh sieve over a 2-quart glass measure or large glass bowl. Line sieve with several layers of damp cheesecloth or overlap several coffee filters to fit sieve. Spoon yogurt into prepared sieve; cover and chill 1 to 2 hours or until yogurt is desired thickness. Reserve whey (the clear liquid in the bowl) for another use.
2. Transfer yogurt and whey to separate clean containers; cover and store in the refrigerator up to 1 month.

Note: Straining will lessen the volume of yogurt by about half, depending on how thick you like it.

Peach-Oat Muffins

SERVES: 24
HANDS-ON: 12 MINUTES
BAKE: 20 MINUTES

These muffins are loaded with many of the components of a well-rounded breakfast: fiber and whole grains from oats and bran cereal, good fats from pecans and canola oil, and fruit in the form of dried peaches.

¼ cup chopped pecans
1¾ cups uncooked regular oats
1 cup sugar
½ cup canola oil
2 large eggs
1¼ (about 5.6 ounces) cups all-purpose flour
1 teaspoon baking soda
½ teaspoon table salt
1 cup peach nectar
1 cup Greek Yogurt whey
5 cups wheat bran cereal
⅓ cup chopped dried peaches

1. Preheat oven to 375°F.
2. Heat pecans in a small nonstick skillet over medium-low, stirring often, 2 to 4 minutes or until toasted.
3. Process oats in a food processor or blender, about 45 seconds or until finely ground.
4. Beat sugar and oil at medium speed with an electric mixer 1 minute. Add eggs, 1 at a time, beating until blended after each addition. (Mixture will be light yellow.)
5. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine ground oats, flour, baking soda, and salt in a small bowl. Stir together peach nectar and whey in a small bowl. Add oat mixture to sugar mixture alternately with peach mixture, beginning and ending with oat mixture. Stir

until blended after each addition. Gently stir in bran cereal, dried peaches, and toasted pecans. Spoon batter evenly into lightly greased muffin cups, filling three-fourths full.
6. Bake at 375°F for 20 minutes or until golden brown.

PRESSURE-PERFECT TIP

Muffins may be frozen for up to 1 month. Reheat them in a toaster oven or microwave at HIGH 30 seconds. For testing purposes only, we used Post Premium Bran Flakes cereal.

Carrot-Poppy Seed Muffins

SERVES: 12
HANDS-ON: 15 MINUTES
BAKE: 22 MINUTES

Carrots or beets are a great way to sneak veggies into tender, delicious muffins, a tasty accompaniment to any meal.

1½ cups (about 6.75 ounces) all-purpose flour
¾ cup firmly packed dark brown sugar
1 tablespoon poppy seeds
1¼ teaspoons baking powder
½ teaspoon baking soda

½ teaspoon table salt
2 large eggs, lightly beaten
5 tablespoons olive oil
1 tablespoon firmly packed grated orange rind
2 cups shredded carrots (about 3 large)
¾ cup Greek Yogurt whey
12 paper baking cups

1. Preheat oven to 375°F.
2. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, brown sugar, and next 4 ingredients (through salt) in a large bowl; stir with a whisk. Stir in eggs, olive oil, and orange rind. Fold in shredded carrots and whey. Place paper baking cups in a 12-cup muffin pan. Spoon batter into cups, filling two-thirds full.
3. Bake at 375°F for 20 to 22 minutes or until golden brown.

BEET-POPPY SEED MUFFINS:
Switch up the color and flavor by using shredded beets in place of carrots. Prepare recipe as directed, substituting 1 large fresh beet, peeled and shredded (about 1½ cups), for carrots. Omit whey. (Do not squeeze juice from shredded beet.)

Skillet Cornbread

SERVES: 8
HANDS-ON: 10 MINUTES
BAKE: 38 MINUTES

Yogurt and whey are combined to approximate the consistency of buttermilk and function the same way in this sweet cornbread.

1¼ cups (about 5.6 ounces) all-purpose flour
1 cup plus 3 tablespoons plain white cornmeal
¼ cup sugar
1 tablespoon baking powder
1 teaspoon table salt
¼ teaspoon baking soda
2 ounces (¼ cup) butter, melted

⅔ cup Greek Yogurt whey
⅓ cup Greek Yogurt
2 large eggs

1. Preheat oven to 400°F.
2. Lightly grease an 8-inch cast-iron skillet, and heat in the oven 5 minutes.
3. Meanwhile, weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through baking soda) in a bowl; whisk in melted butter. Add whey, yogurt, and eggs, stirring with a whisk just until smooth.
4. Pour batter into hot skillet. Bake at 400°F for 30 to 33 minutes or until golden brown.

Peasant Bread

SERVES: 16
HANDS-ON: 25 MINUTES
PROOF: 1 HOUR, 30 MINUTES
BAKE: 35 MINUTES

YOGURT (LESS)

This hearty, rustic bread boasts whole grains and seeds and makes use of the whey from Greek yogurt making. The Instant Pot® proofs it perfectly.

1 cup Greek Yogurt whey or water
¼ cup stone-ground white, yellow, or speckled grits
1½ teaspoons table salt
2 tablespoons canola oil
3 tablespoons honey
1 package dry yeast (about 2¼ teaspoons)
¼ cup warm water (100° to 110°F)
2¼ to 2⅓ cups (about 10.1 to 10.5 ounces) all-purpose flour
6 tablespoons (about 1.7 ounces) whole-wheat flour
¼ cup (about 1.1 ounces) stone-ground rye flour
2 tablespoons raw sunflower seeds, chopped
Cooking spray
1 egg white, beaten
1 tablespoon water
1 teaspoon each, poppy seeds or chia seeds, fennel seeds or caraway seeds, and sesame seeds

1. Combine first 3 ingredients in a small saucepan. Bring to a boil; reduce heat, cover, and simmer, stirring frequently, until thick (about 8 minutes). Remove from heat, and stir in oil and honey. Let cool to room temperature. Transfer to the bowl of a heavy-duty electric stand mixer.
2. While grits cool, dissolve yeast in warm water in a 1-cup glass measuring cup; let stand 5 minutes. Stir yeast mixture

into grits mixture. Weigh or lightly spoon all-purpose flour, whole-wheat flour, and rye flour into dry measuring cups; level with a knife. Add whole-wheat flour and rye flour into yeast mixture; beat on medium speed, using dough hook attachment, 2 minutes. Scrape down sides of bowl, and add sunflower seeds. Gradually add 2¼ cups all-purpose flour. Decrease speed to low, and knead 8 minutes or until dough is smooth and elastic but still slightly sticky. Turn dough out onto a lightly floured surface. Shape dough into a ball.

3. Coat the inner pot of a 6-quart Instant Pot® with cooking spray. Place dough in pot, turning to coat top. Coat top of dough with cooking spray. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Yogurt]; select "Less" mode, and let dough rise for 1 hour or until doubled in bulk. When time is up, check that dough has doubled in size: gently press 2 fingers into dough. If indention remains, dough has risen enough.

4. Punch dough down, and turn out onto a lightly floured surface. Wash and dry inner pot. Center and fit a 16-inch-long piece of parchment paper into inner pot. Shape dough into a 6-inch round; place on parchment paper in pot. Return inner pot to Instant Pot®.

5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Press [Yogurt]; select "Less" mode, and let dough rise for 30 minutes.

6. While dough proofs, place a 5-quart cast-iron Dutch oven with cast-iron lid on middle rack of oven.

7. Preheat oven to 375°F.

8. Heat Dutch oven in oven at least 30 minutes.

9. When dough has risen enough, combine egg white and 1 tablespoon water in a small bowl. Gently brush dough with egg white mixture, and sprinkle with seed mixture. Using a sharp knife, make 3 cuts in top of loaf in a triangular pattern.

10. Remove Dutch oven from oven to a heatproof surface. Gather corners of parchment paper, and transfer loaf, along with the paper, to the Dutch oven. Carefully cover with hot

lid, and bake at 375°F for 25 minutes. Uncover, and bake 10 additional minutes or until bread is golden brown. Remove loaf from Dutch oven and from parchment paper, and place on a wire rack. Cool completely before slicing.

TO BAKE IN A LOAF PAN:

After first proofing, punch dough down, and roll into an 14- x 7-inch rectangle. Roll up rectangle tightly, starting with a short edge, pressing firmly to eliminate air pockets; pinch seam and ends to seal. Place roll, seam side down, in an 9- x 5-inch loaf pan coated with cooking spray. Cover and let rise in a warm place (85°F), free from drafts, about 30 minutes or until doubled in size. Preheat oven to 375°F. Uncover dough; brush with egg mixture and sprinkle with seeds. Bake at 375°F for about 45 minutes or until bread is browned and sounds hollow when tapped. (If bread browns too quickly, tent loaf with foil after 25 minutes.) Remove loaf from pan, and cool completely on a wire rack.

Oatmeal Waffles with Sautéed Apples

SERVES: 6
HANDS-ON: 21 MINUTES
BAKE: 6 MINUTES

Oatmeal adds heart-healthy soluble fiber to these sturdy, rib-sticking waffles that are on the softer side.

1 cup uncooked quick-cooking oats
1 cup apple juice
2 cups just-add-water pancake mix
1 cup Greek Yogurt whey
⅓ cup canola oil
½ teaspoon ground cinnamon

2 ounces (¼ cup) butter
2 Gala apples, peeled and sliced
½ cup firmly packed light brown sugar

1. Preheat oven to 350°F.
2. Place oats on jelly-roll pan. Bake at 350°F for 6 to 7 minutes or until toasted, stirring halfway through. Cool for 5 minutes.
3. Microwave apple juice in a 1-cup glass measuring cup at HIGH 1 minute or just until warm.
4. Combine pancake mix, whey, oil, cinnamon, toasted oats, and warm apple juice. Cook batter in a preheated, oiled Belgian-style waffle iron until golden (about ⅓ cup batter per waffle).
5. Melt butter in a medium nonstick skillet over medium. Add apple slices and brown sugar to skillet. Cook, stirring occasionally, 5 to 6 minutes or until apple is tender and beginning to brown. Serve sautéed apples over waffles.

CHAPTER 5
MEATS AND POULTRY

French Dip Sandwiches
Italian Pot Roast
Super Simple Sloppy Joes
Tried-and-True Meat Loaf
Slow Cooker Barbecue Pork
Saucy Chipotle Barbecue Pork
Sweet and Smoky Ribs
Fruited Lamb Tagine
Chicken and Smoked Sausage Cassoulet
Pressure Cooker Rotisserie-Style Chicken
Chicken-and-Green Chile Enchiladas
Crisp-Crust Chicken Pot Pie
Greek Pizza with Chicken and Artichokes
Buffalo Chicken

French Dip Sandwiches

SERVES: 12
HANDS-ON: 12 MINUTES
UNDER PRESSURE: 55 MINUTES
NATURAL PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

Feel free to substitute smaller rolls to make bite-size sandwiches, if desired.

1 (3½- to 4-pound) boneless chuck roast, trimmed and cut in half
2 cups water
½ cup soy sauce
1 beef bouillon cube
1 bay leaf
3 to 4 peppercorns, crushed
1 teaspoon dried rosemary, crushed
1 teaspoon dried thyme
1 teaspoon garlic powder
12 French sandwich rolls, split and toasted

1. Place roast in the inner pot of a 6-quart Instant Pot®. Combine 2 cups water and next 7 ingredients (through garlic powder); pour over roast.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 55 minutes. Open cooker using Natural Pressure Release. Turn cooker off.
3. Remove roast, reserving broth; shred roast with 2 forks. Divide shredded meat evenly among rolls, and serve with reserved broth for dipping.

Italian Pot Roast

SERVES: 6
HANDS-ON: 12 MINUTES
UNDER PRESSURE: 55 MINUTES
NATURAL PRESSURE RELEASE

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

If desired, try cremini mushrooms in this easy weeknight roast with an Italian flair.

1 (3- to 4-pound) boneless chuck roast, trimmed
1 teaspoon freshly ground black pepper
2 tablespoons olive oil
1 large sweet onion, cut in half and sliced
1 (8-ounce) package sliced fresh mushrooms
1 (14-ounce) can beef broth

1 (8-ounce) can tomato sauce
1 (1-ounce) envelope dry onion soup mix
3 tablespoons tomato paste
1 teaspoon dried Italian seasoning
2 tablespoons cornstarch
2 tablespoons water

1. Sprinkle both sides of roast with pepper.
2. With lid of a 6-quart Instant Pot® off, press [Sauté]. When the word “Hot” appears, swirl in oil. Add roast, and cook 5 minutes on each side or until browned. Remove roast from the inner pot.
3. Add onion and mushrooms. Cook, stirring constantly, 5 minutes or until tender. Stir in broth, tomato sauce, and onion soup mix, scraping bottom of pot to loosen brown bits.
4. Turn cooker off. Return roast to cooker, turning and nestling it into broth mixture. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 55 minutes.
5. Open cooker using Natural Pressure Release. Turn cooker off. Remove roast from inner pot and place on a cutting board; cut into large chunks, removing any large pieces of fat. Keep roast warm.
6. Skim fat from cooking liquid. Add tomato paste and Italian seasoning, stirring with a whisk. Combine cornstarch and 2 tablespoons water; add to cooking liquid, stirring with a whisk.
7. With the lid off, press [Sauté]. Bring mixture to a boil, stirring frequently with a whisk. Cook 2 to 3 minutes or until thickened. Stir in roast. Cook just until thoroughly heated.

Super Simple Sloppy Joes

SERVES: 8
HANDS-ON: 8 MINUTES
COOK: 25 MINUTES

SAUTÉ (NORMAL; LESS)

This is a super easy recipe that shows off the Instant Pot®'s convenience when space or kitchen accommodations are at a premium.

Cooking spray
1½ pounds lean ground beef
1 (14½-ounce) can diced tomatoes, undrained
1¼ cups ketchup
½ cup bottled barbecue sauce

1 tablespoon Worcestershire sauce
8 hamburger buns, toasted

1. Remove lid from a 6-quart Instant Pot®. Coat inner pot with cooking spray. Add ground beef. Press [Sauté]. Cook ground beef, stirring until it crumbles and is no longer pink. Turn cooker off. Drain beef well. Return beef to inner pot. Wipe rim of inner pot to remove any greasy residue. Return inner pot to cooker.
2. Stir in tomatoes and next 3 ingredients (through Worcestershire sauce). Press [Sauté] and choose “Less” mode. Bring to a simmer; cook 15 minutes or until thickened. Serve mixture on toasted buns.

Tried-and-True Meat Loaf

SERVES: 5
HANDS-ON: 20 MINUTES
UNDER PRESSURE: 25 MINUTES
NATURAL PRESSURE RELEASE
BROIL: 5 MINUTES

PRESSURE COOK (HIGH PRESSURE)

Letting the meat loaf rest is the secret to juicy slices.

2 cups water
1½ pounds lean ground beef
⅓ cup quick-cooking oats
¼ green bell pepper, diced
¼ onion, finely chopped
1 large egg, lightly beaten
½ teaspoon table salt
1½ teaspoon Worcestershire sauce
½ teaspoon yellow mustard
¼ cup firmly packed brown sugar
Cooking spray
Garlic Mashed Potatoes
¼ cup ketchup

1. Pour 2 cups water into the inner pot of a 6-quart Instant Pot®.
2. Combine ground beef, next 7 ingredients (through mustard), and 2 tablespoons of the brown sugar in a medium bowl just until blended.
3. Fold a piece of aluminum foil into a 16- x 7-inch sling. Coat foil with cooking spray. Shape meat mixture into a 7- x 5-inch oval loaf in center of sling. Grasping ends of sling, lift meat loaf onto the steam rack, perpendicular to handles. Lower rack into pot using handles.
4. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure for 25 minutes. Open the cooker using Natural Pressure

Release. Meat loaf is done when an instant-read thermometer inserted into thickest portion registers 160°F.
5. While meat loaf cooks, prepare Garlic Mashed Potatoes.
6. Preheat broiler.
7. Remove meat loaf from cooker using rack handles, and transfer to a shallow baking pan by grasping ends of foil sling. Combine ketchup and remaining 2 tablespoons brown sugar; spread over top of meat loaf. Broil 4 to 5 minutes or until topping is set and beginning to brown. Let meat loaf stand for 10 minutes before serving. Serve with Garlic Mashed Potatoes.

GARLIC MASHED POTATOES:
Melt 3 tablespoons butter in a saucepan over medium-low; add 4 pressed garlic cloves, and sauté just until tender. Pour garlic mixture into a custard cup, and set aside. Prepare 2⅔ cups frozen mashed potatoes and 1⅓ cups milk in same saucepan according to package directions, stirring with a wire whisk. Stir in garlic, ½ teaspoon table salt, and ¼ teaspoon freshly ground black pepper. Let stand 5 minutes. Serve immediately.

Slow Cooker Barbecue Pork

SERVES: 6
HANDS-ON: 10 MINUTES
SLOW COOK: 8 HOURS

SLOW COOK (LESS MODE)

Serve this simple-to-fix pork recipe with buns and slaw, fill a quesadilla, or spoon over hot cooked cheese grits or toasted cornbread for a tasty combination.

Cooking spray
1 (3- to 4-pound) boneless pork shoulder roast (Boston butt), trimmed
1 (18-ounce) bottle barbecue sauce
1 (12-ounce) can cola soft drink

1. Coat the inner pot of a 6-quart Instant Pot® with cooking spray. Place roast in pot; pour barbecue sauce and cola over roast.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Venting” position. Press [Slow Cook], and choose “Less” mode. Cook 8 hours, adding additional time up to 10 hours, if necessary, until meat shreds easily with a fork.
3. Transfer pork to a cutting board; shred with 2 forks, removing any large pieces of fat. Skim fat from sauce, and stir in shredded pork.

Saucy Chipotle Barbecue Pork

SERVES: 8
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 1 HOUR, 15 MINUTES
NATURAL PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

This spicy barbecue pork recipe cooks up an ample amount of sauce—a delicious bonus for barbecue sauce lovers. Use it for dripping over a sandwich, as a dip for fries, or for dressing baked potatoes.

2 teaspoons dry mustard
1 teaspoon table salt
½ teaspoon cayenne pepper
1 (4-pound) boneless pork shoulder roast, cut in half (Boston butt)
2 tablespoons butter
1 (18-ounce) bottle spicy barbecue sauce
1 (12-ounce) bottle Baja chipotle marinade
½ cup water
1 large onion, chopped (about 2½ cups)
Garnish: Sliced green onions (optional)

1. Rub first 3 ingredients over pork. Remove the lid from a 6-quart Instant Pot®. Add butter to inner pot. Press [Sauté]. When butter melts, add pork; cook 10 minutes or until browned on all sides. Remove pork from pot.
2. Add barbecue sauce, marinade, and ½ cup water, scraping to loosen brown bits from pot. Stir in onion, and return roast to pot.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 75 minutes. Open cooker using Natural Pressure Release. Garnish, if desired.

Sweet and Smoky Ribs

SERVES: 4
HANDS-ON: 12 MINUTES
UNDER PRESSURE: 15 MINUTES
QUICK PRESSURE RELEASE
BAKE: 40 MINUTES

PRESSURE COOK (HIGH PRESSURE)

There's no need to tend a smoker or the grill for hours. The Instant Pot®, your favorite sauce, and your oven can turn ribs into weeknight fare.

Cooking spray
5 pounds (2 slabs) small pork spare ribs or baby back ribs
Smoky Dry Rub

1 cup unfiltered fresh-pressed apple cider
½ teaspoon hickory liquid smoke (such as Wright's)
2 cups bottled barbecue sauce

1. Place a rack in an aluminum foil-lined sheet pan. Coat rack with cooking spray, and set aside. To remove membrane from bone sides of ribs, lift the edge of the membrane at 1 end with a table knife; firmly grasp the edge of the membrane with a dry paper towel, and pull, using even pressure. (Membrane should come off in 1 piece.) Cut slabs in half. Rub 1 tablespoon Smoky Dry Rub over both sides of each slab half.
2. Combine apple cider and liquid smoke in the inner pot of a 6-quart Instant Pot®. Place steam rack in pot. Arrange ribs on steam rack, in an upright manner, with meat sides facing outward.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing." Cook at High Pressure 15 minutes. Open the cooker using Quick Pressure Release.
4. Preheat oven to 300°F with oven rack centered in the top half of the oven.
5. Transfer ribs, meat sides up, to a cutting board. Blot moisture from entire surface of slabs with a paper towel, being careful not to wipe off seasoning. Sprinkle additional Smoky Dry Rub (about ½ tablespoon) over the meaty side of each slab half. Place slabs, meat side up, on rack in prepared pan.
6. Bake at 300°F for 20 minutes. Brush both sides of slabs with barbecue sauce. Bake 10 minutes. Brush tops with sauce, and bake an additional 10 minutes. Remove from oven. Cut slabs into individual ribs, and serve with additional sauce.

PRESSURE-PERFECT TIP

If using spare ribs, ask the butcher for spare ribs that have the "riblets," the portion of the bone and cartilage that attach to the breast bone, removed. They are smaller and will fit the Instant Pot®. Whole spare ribs are too large for the cooker.

Smoky Dry Rub

MAKES: ½ CUP
HANDS-ON: 5 MINUTES

¼ cup firmly packed dark brown sugar
2 tablespoons smoked paprika
1 tablespoon kosher salt
2 teaspoons garlic salt
2 teaspoons chili powder
2 teaspoons smoked ground black pepper
1 teaspoon onion salt
1 teaspoon celery salt
1 teaspoon ground chipotle chile pepper
1 teaspoon ground cumin

Combine all ingredients, blending well. Use on pork or beef ribs, steaks, or chicken. Store in an airtight container at room temperature up to 1 month.

Note: We tested with McCormick Smokehouse Ground Black Pepper and Chipotle Chile Pepper.

Fruited Lamb Tagine

SERVES: 4
HANDS-ON: 25 MINUTES
UNDER PRESSURE: 35 MINUTES
NATURAL PRESSURE RELEASE

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

The secret ingredient in this recipe is garam masala, a blend of Indian spices that are also found in North African, specifically Moroccan, dishes. Using a spice blend reduces the number of individual spices to purchase and measure for this recipe. Garam masala also makes a nice rub for chicken or salmon, or use it sparingly to flavor curries.

1 cup dried pitted plums
1 cup dried apricots
Boiling water
2 pounds boneless leg of lamb, cut into ½-inch cubes
2 teaspoons garam masala
½ teaspoon ground turmeric
½ teaspoon table salt
¼ teaspoon black pepper
2 tablespoons olive oil
1 (14-ounce) can beef broth
1 (8-ounce) container refrigerated chopped onion
2 tablespoons all-purpose flour
¼ cup water
⅓ cup orange marmalade
Hot cooked couscous
Garnishes: Chopped fresh cilantro, toasted slivered almonds (optional)

1. Place dried plums and apricots in a medium bowl. Add boiling water to cover. Set aside.
2. Place lamb in a large bowl. Combine garam masala and next 3 ingredients (through pepper). Sprinkle over lamb,

rubbing until lamb is evenly coated.

3. Remove lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil. Add lamb; cook 2 minutes on each side or until browned. Add broth and onion; cook, scraping to loosen brown bits from bottom of pot.

4. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 35 minutes. Open cooker using Natural Pressure Release. Turn cooker off.

5. With lid off, press [Sauté]; bring to a boil. Combine flour and ¼ cup water, stirring with a whisk until smooth; add to lamb mixture, stirring constantly. Cook 5 minutes, stirring frequently, or until thickened. Stir in marmalade.

6. Drain fruit, and stir into lamb mixture. Cook, stirring frequently, until thoroughly heated. Serve over couscous. Garnish, if desired.

Chicken and Smoked Sausage Cassoulet

SERVES: 6 TO 8
HANDS-ON: 22 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

While you could buy a rotisserie chicken and canned beans, this recipe utilizes the more economical, home-cooked version of these ingredients that you can prepare in your versatile Instant Pot®.

2 tablespoons olive oil
2 tablespoons butter

2 cups panko (Japanese-style breadcrumbs)
Cooking spray
½ pound smoked sausage, sliced
1 cup chopped onion
1 small butternut squash, peeled and cubed
1¾ cups broth, from Pressure Cooker Rotisserie-Style Chicken (recipe at right)
2 cups shredded Pressure Cooker Rotisserie-Style Chicken (recipe at right)
2 cups cooked dried cannellini beans
1 (14½-ounce) can diced tomatoes with rosemary and oregano, undrained
½ teaspoon table salt
¼ teaspoon freshly ground pepper

1. Remove the lid from a 6-quart Instant Pot®. Place oil and butter in the inner pot, and press [Sauté]. When butter melts, add panko, and cook, stirring frequently, 1 to 2 minutes or until crumbs are golden brown. Turn cooker off. Remove crumbs from inner pot.
2. Wipe pot clean with a paper towel. Coat pot with cooking spray. Press [Sauté]; add sausage, and cook, stirring frequently, 4 minutes or until browned. Remove sausage from pot. Add onion and squash. Cook, stirring constantly, 3 minutes. Turn cooker off.
3. Add broth, sausage, chicken, and next 4 ingredients (through pepper), stirring to remove brown bits from the bottom of the skillet. Close and lock the lid. Turn steam release handle to “Sealing” position. Cook at High Pressure 5 minutes.
4. Open cooker using Quick Pressure Release. Turn cooker off. Remove inner pot from cooker, and let stand 5 minutes. Spoon into shallow bowls, top evenly with crumbs, and serve immediately.

SWAP IN A SNAP!

You may substitute 1 (15.5-ounce) can cannellini beans, drained and rinsed, for the cooked dried beans and 1 (14-ounce) can chicken broth for the homemade broth, if desired.

Pressure Cooker Rotisserie-Style Chicken

SERVES: 4
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 25 MINUTES
NATURAL PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

This recipe yields a tender, juicy bird that is ready in a flash for dinner, or that can be used in any recipe calling for cooked chicken or chicken broth. It yields about 3 cups skinned and boned chicken and 3 cups rich, tasty broth. Chill the broth to make removing the fat easier.

1 (3½- to 3¾-pound) whole frying chicken
1 tablespoon Greek seasoning
¾ teaspoon garlic powder
¾ teaspoon paprika
½ teaspoon dried Italian seasoning
1 tablespoon olive oil
1 (14.5-ounce) can reduced-sodium chicken broth

1. Rinse chicken, and pat excess moisture with paper towels. Combine Greek seasoning and next 3 ingredients (through Italian seasoning) in a small bowl. Rub seasoning over entire chicken and inside body cavity.
2. Remove the lid of a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil.
3. Place chicken, breast side down, in pot. Cook 5 minutes to brown. Turn chicken over, and cook 2 minutes. Pour chicken broth around chicken to avoid washing off the herb mixture.
4. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 25 minutes. Turn cooker off.

5. Open cooker using Natural Pressure Release. Remove chicken from pot. Let stand 10 minutes before carving. If desired, you may remove skin and bones and chop chicken for another use.

Chicken-and-Green Chile Enchiladas

SERVES: 4 TO 6
HANDS-ON: 20 MINUTES
BAKE: 30 MINUTES

SAUTÉ (NORMAL)

These saucy and cheesy enchiladas are just mildly spicy with the addition of canned green chiles. Turn up the heat by adding some jalapeños!

1 tablespoon oil
1 cup chopped onion
1 teaspoon jarred minced garlic
3 (10-ounce) cans enchilada sauce

3½ cups chopped Pressure Cooker Rotisserie-Style Chicken
2 (4.5-ounce) cans chopped green chiles, drained
1 (8-ounce) package pre-shredded Mexican 4-cheese blend
1 tablespoon chopped fresh cilantro
8 (10-inch) burrito-size flour tortillas
Cooking spray

1. Preheat oven to 425°F.
2. Remove lid from a 6-quart Instant Pot®. Press [Sauté]. When the word "Hot" appears, swirl in oil. Add onion; cook, stirring constantly, 5 minutes or until tender. Add garlic; cook, stirring constantly, 1 minute. Turn cooker off.
3. Remove inner pot from cooker. Stir in 1½ cups of the enchilada sauce, chicken, and chiles. Stir in 1 cup of the cheese and cilantro.
4. Spoon about ½ cup of the chicken mixture down the center of each tortilla; roll up tortillas, and place, seam sides down, in a lightly greased 13- x 9-inch baking dish coated with cooking spray. Pour remaining enchilada sauce over tortillas. Sprinkle with remaining 1 cup cheese.
5. Cover and bake at 425°F for 20 minutes; uncover and bake 10 additional minutes or until cheese melts and is golden brown.

Crisp-Crust Chicken Pot Pie

SERVES: 6
HANDS-ON: 25 MINUTES
UNDER PRESSURE: 2 MINUTES
QUICK PRESSURE RELEASE
BAKE: 30 MINUTES

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

While no pressure cooker can produce a crisp crust, this recipe provides a solution which still utilizes the speed and convenience of your Instant Pot®.

2 sheets frozen puff pastry dough, thawed
Cooking spray
1 tablespoon canola oil
1 cup chopped onion

1 cup chopped carrot
½ cup chopped celery
1¾ cups broth, from Pressure Cooker Rotisserie-Style Chicken
2 teaspoons all-purpose flour
3 cups chopped skinned and boned Pressure Cooker Rotisserie-Style Chicken
2 ounces ⅓-less-fat cream cheese
2 tablespoons chopped fresh flat-leaf parsley
2 teaspoons chopped fresh thyme
½ teaspoon kosher salt
½ teaspoon freshly ground black pepper

1. Preheat oven to 400°F.
2. Place 1 sheet of pastry dough on a work surface lightly dusted with flour. Cut the dough with a 4-inch round cutter into 3 rounds (about 1¼ ounces each). Gently roll each round into a 6-inch circle. Place dough on a baking sheet coated with cooking spray. Bake at 400°F for 15 minutes or until golden brown; set aside. Repeat procedure with remaining puff pastry.
3. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word "Hot" appears, swirl in oil. Add onion, carrot, and celery; cook, stirring constantly, 4 minutes or until lightly browned.
4. Gradually whisk ¼ cup of the broth into flour in a medium bowl. Whisk in remaining broth. Add broth mixture to vegetables, scraping pot to loosen brown bits.
5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 2 minutes. When time is up, open the lid using Quick Pressure Release.
6. Add chicken; cook 1 minute, stirring occasionally, or until thoroughly heated. Turn cooker off. Remove inner pot from cooker. Add cream cheese to chicken mixture, stirring until

cheese melts. Stir in parsley and remaining ingredients. Serve with pastry.

Greek Pizza with Chicken and Artichokes

SERVES: 4
HANDS-ON: 10 MINUTES
BAKE: 7 MINUTES

Bake this pizza on a large pizza pan, or for a more authentic crust, slide it directly onto the oven rack using a large pizza peel.

1 (16-ounce) package refrigerated pizza dough
6 ounces shredded mozzarella cheese, shredded (about 1 ½ cups)
2 cups shredded Pressure Cooker Rotisserie-Style Chicken

1 (7-ounce) jar roasted red bell peppers, drained and cut into strips
1 (6-ounce) jar marinated artichoke hearts, drained and coarsely chopped
10 pitted kalamata olives, thinly sliced
1½ tablespoons chopped fresh oregano
1 tablespoon olive oil
½ teaspoon freshly ground black pepper
4 ounces feta cheese, crumbled (about 1 cup)

1. Preheat oven to 500°F.
2. On a floured surface, roll out pizza dough to a 15-inch circle. Sprinkle ¾ cup of the mozzarella cheese onto the prepared pizza dough. Top evenly with the chicken.
3. Combine roasted red bell peppers and next 5 ingredients (through black pepper) in a bowl; toss gently. Spoon mixture evenly over chicken. Sprinkle with remaining ¾ cup mozzarella cheese; top with feta cheese.
4. Bake at 500°F for 5 to 7 minutes or until browned and bubbly.

Buffalo Chicken

SERVES: 6
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 10 MINUTES
QUICK PRESSURE RELEASE

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

All the flavors and accoutrements of chicken wings combine in a tasty sandwich. Adjust the heat level to your liking by your choice of sauce.

4 skinned and boned chicken breast halves
¼ teaspoon table salt
⅛ teaspoon freshly ground black pepper
1 tablespoon olive oil
1 (14-ounce) bottle Buffalo wing sauce
2 small celery stalks
¾ cup matchstick carrots
1 tablespoon thinly sliced red onion
⅓ cup refrigerated blue cheese dressing
6 bakery-style buns or kaiser rolls, lightly toasted

1. Sprinkle chicken with salt and pepper.
2. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word “Hot” appears, swirl in oil. Add chicken, and cook 2 minutes on each side, or until lightly browned. Turn cooker off.
3. Reserve 2 tablespoons wing sauce. Pour remaining sauce over chicken. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 10 minutes.
4. While chicken cooks, slice celery crosswise to measure ¾ cup. Combine reserved 2 tablespoons wing sauce, celery, carrot, onion, and dressing; toss to coat.
5. When time is up, open the Instant Pot®, using Quick Pressure Release. Transfer chicken to a bowl, reserving

cooking liquid; shred with 2 forks, and toss with ½ cup cooking liquid. Serve shredded chicken mixture on buns; top with carrot slaw.

CHAPTER 6

SOUPS, STEWS, AND CHILI

White Chicken Chili
Summer Brunswick Stew
Cincinnati Turkey Chili
Tuscan White Bean Soup with Prosciutto
Lentil Stew with Ham and Greens
Hungarian Beef Stew
Butternut Squash Soup

White Chicken Chili

SERVES: 8
HANDS-ON: 35 MINUTES
UNDER PRESSURE: 45 MINUTES
NATURAL AND QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

This soup highlights the Instant Pot®'s ability to cook dried beans without soaking.

2 cups dried Great Northern beans
3 tablespoons olive oil
1 teaspoon table salt
5 cups water
2 pounds skinless, boneless chicken breast, cut into ½-inch pieces
2 cups finely chopped onion
2 garlic cloves, minced
2 teaspoons ground cumin
1 teaspoon ground coriander
½ teaspoon dried oregano
2 (4.5-ounce) cans chopped green chiles, undrained
1 (14-ounce) can fat-free, less-sodium chicken broth
½ teaspoon hot pepper sauce
4 ounces Monterey Jack cheese, shredded (about 1 cup)
½ cup chopped fresh cilantro
½ cup chopped green onions

1. Sort and wash beans; drain. Combine beans, 1 tablespoon of the oil, salt, and 5 cups water in the inner pot of a 6-quart Instant Pot®.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 35 minutes. Allow a 10-minute Natural Pressure Release.

Turn steam release handle to “Venting” to release remaining pressure. Drain beans, reserving 1 cup cooking liquid.
3. Wash and thoroughly dry the inner pot, and return it to the cooker. Press [Sauté]. When the word “Hot” appears, swirl in 1 tablespoon of the oil.
4. Add half of the chicken. Cook, without stirring, 1 to 2 minutes or until chicken begins to sizzle and releases from pot. Continue to cook 5 minutes, stirring occasionally. Remove chicken from pot. Repeat procedure with remaining 1 tablespoon oil and remaining half of chicken. Add onion. Cook, stirring constantly, 5 minutes or until tender. Add garlic; cook, stirring constantly, 30 seconds. Stir in cumin, coriander, and oregano; cook, stirring constantly, 1 minute. Stir in chiles; cook, stirring constantly, until liquid almost evaporates. Turn cooker off.
5. Add reserved cooking liquid, beans, broth, and chicken, stirring to remove any brown bits from bottom of cooker.
6. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 10 minutes.
7. When time is up, turn cooker off. Open cooker, using Quick Pressure Release. Stir in hot sauce. Ladle 1 cup of chili into each of 8 bowls; sprinkle each serving with 2 tablespoons cheese, 1 tablespoon cilantro, and 1 tablespoon green onions.

Summer Brunswick Stew

SERVES: 10
HANDS-ON: 20 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

SAUTE (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

While this soup boasts summer produce, it can be made out of season with canned tomatoes, and frozen peas and corn. No need to thaw; the cook time will be the same. It will just take a bit longer to come up to pressure.

2 tablespoons olive oil
1 large sweet onion, diced
2 garlic cloves, minced
6 cups chicken broth

2 cups diced peeled tomatoes
2 cups fresh lady peas or butter peas
2 cups fresh corn kernels (about 4 ears)
1 pound Yukon Gold potatoes, peeled and cut into ½-inch cubes (about 2 cups)
1 pound pulled barbecued pork (without sauce)
1 to 1½ cups barbecue sauce
Salt and black pepper

1. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word "Hot" appears, swirl in oil. Add onion, and cook, stirring constantly, 5 minutes or until tender. Add garlic; sauté 30 seconds. Turn cooker off. Add broth, stirring well.
2. Stir in tomatoes and next 3 ingredients (through potatoes). Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 5 minutes.
3. When time is up, turn cooker off. Open cooker, using Quick Pressure Release. Add pork and 1 cup of the barbecue sauce. Turn cooker off.
4. With the lid off, press [Sauté]. Cook 3 to 5 minutes or until thoroughly heated, stirring frequently. Turn cooker off. Add up to ½ cup additional barbecue sauce to taste, if desired. Season with salt and black pepper to taste.

SWAP IN A SNAP!

You may substitute 1 (14.5-ounce) can diced tomatoes for the diced fresh ones.

Cincinnati Turkey Chili

SERVES: 4
HANDS-ON: 16 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

Cincinnati chili is very different from "traditional" chili recipes. It not only has meat and beans, but the spice profile goes beyond chili powder and cumin to incorporate the Mediterranean meat seasonings of cinnamon and allspice. Add spaghetti and chocolate, and you've gone way beyond traditional.

4 ounces uncooked spaghetti

Cooking spray
8 ounces lean ground turkey
1½ cups refrigerated pre-chopped onion
1 cup chopped green bell pepper
1 tablespoon jarred minced garlic
1 tablespoon chili powder
2 tablespoons tomato paste
1 teaspoon ground cumin
1 teaspoon dried oregano
¼ teaspoon ground cinnamon
⅛ teaspoon ground allspice
½ cup fat-free, less-sodium chicken broth
1 (15-ounce) can kidney beans, drained and rinsed
1 (14.5-ounce) can diced tomatoes, undrained
2½ tablespoons chopped semisweet chocolate
¼ teaspoon table salt
3 ounces sharp Cheddar cheese, shredded (about ¾ cup)

1. Cook pasta according to package directions. Drain; set aside.
2. Remove lid from a 6-quart Instant Pot®. Coat inner pot with cooking spray. Add turkey, and press [Sauté]. Cook 3 minutes or until beginning to brown, stirring to crumble. Add 1 cup of the onion, bell pepper, and garlic; cook, stirring constantly, 3 minutes. Stir in chili powder and next 5 ingredients (through allspice); cook 1 minute. Add broth, beans, and tomatoes. Turn cooker off.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 5 minutes.
4. When time is up, turn cooker off. Open the lid using Quick Pressure Release. Remove inner pot from cooker; stir in chocolate and salt. Serve chili over spaghetti; top with remaining ½ cup onion and cheese.

SWAP IN A SNAP!

You can substitute 2 cups cooked, soaked red kidney beans for the canned beans, if desired.

Tuscan White Bean Soup with Prosciutto

SERVES: 4
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 3 MINUTES
QUICK PRESSURE RELEASE
SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

Mirepoix (pronounced "meer-pwah") is a combination of chopped carrots, celery, and onions. Sometimes called "the holy trinity" in foodie circles, it adds rich flavor to this soup and any other dish where it's used.

1 tablespoon olive oil
½ cup chopped prosciutto or ham (about 2 ounces)
1 cup chopped onion
¾ cup chopped celery
¾ cup chopped carrot
1 garlic clove, minced
¾ cup water
2 (19-ounce) cans cannellini beans or other white beans, undrained
2 bay leaves
1 (15.75-ounce) can fat-free, less-sodium chicken broth
2 tablespoons minced fresh parsley
2 tablespoons sherry (optional)
¼ teaspoon black pepper

1. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]; swirl in oil. Add prosciutto; cook, stirring constantly, 2 minutes. Add onion, celery, carrot, and garlic; cook, stirring constantly, 2 minutes. Stir in ¾ cup water and next 3 ingredients (through broth). Turn cooker off.

2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 3 minutes. Open cooker using Quick Pressure Release. Turn cooker off.
3. Stir in the parsley, sherry, and black pepper; let stand 1 minute. Discard bay leaves.

SWAP IN A SNAP!

You may substitute 4 cups cooked soaked cannellini beans or Great Northern beans and ½ cup bean cooking liquid or water for the canned beans.

Lentil Stew with Ham and Greens

SERVES: 5
HANDS-ON: 17 MINUTES
UNDER PRESSURE: 20 MINUTES
QUICK PRESSURE RELEASE

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

Served with hot buttered corn muffins and a Waldorf or other fresh fruit salad, this bean stew is warming comfort food for crisp fall or brisk winter days.

1 cup dried lentils
1½ tablespoons olive oil
1 cup chopped onion
3 garlic cloves, minced
4½ cups fat-free, less-sodium chicken broth
3 cups chopped collard greens or Swiss chard
1½ cups ½-inch cubed baking potato
1 cup chopped smoked ham
½ cup chopped carrot
1 (14.5-ounce) can diced tomatoes, drained
1 teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon black pepper
2 bay leaves
3 tablespoons chopped fresh parsley

1. Sort and wash lentils; drain. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word "Hot" appears, swirl in oil. Add onion and garlic; cook, stirring constantly, 3 minutes. Stir in broth and lentils. Turn cooker off.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure

15 minutes. Open cooker using Quick Pressure Release.
3. Add collard greens, stirring to wilt slightly. Stir in potato and remaining ingredients, except parsley. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 5 minutes. Open cooker using Quick Pressure Release. Discard bay leaves. Sprinkle with parsley.

Hungarian Beef Stew

SERVES: 6
HANDS-ON: 25 MINUTES
UNDER PRESSURE: 30 MINUTES
QUICK PRESSURE RELEASE

SAUTE (NORMAL;LESS) • PRESSURE COOKER (HIGH PRESSURE)

Browning meat to a rich, dark color is the secret to developing flavor in pot roasts and stews. Don't be tempted to brown all the beef at once, or you'll end up "stewing" the meat in its own juice. It needs some room in the pot for evaporation and browning.

1½ pounds lean boneless chuck roast, trimmed and cut into 1-inch pieces

¾ teaspoon table salt
½ teaspoon freshly ground black pepper
2 tablespoons olive oil
2 medium onions, chopped
1 tablespoon paprika
1 teaspoon caraway seeds
3 garlic cloves, minced
1 cup dry red wine
1¾ cups water
1½ cups unsalted beef stock
1 pound fingerling potatoes, cut into 1-inch chunks
3 carrots, coarsely chopped
2 red bell peppers, sliced
2 tablespoons all-purpose flour

1. Sprinkle beef with ½ teaspoon of the salt and ¼ teaspoon of the pepper.
2. Remove the lid from a 6-quart Instant Pot®. Press [Sauté]. When the word "Hot" appears, swirl in oil.
3. Add one-third of beef to inner pot; cook 5 minutes or until golden brown on both sides (see tip opposite). Transfer to a plate with a slotted spoon. Repeat procedure with remaining beef in 2 additional batches.
4. Add onions; cook, stirring constantly, 5 minutes or until softened. Add paprika, caraway seeds, and garlic; cook 1 minute, stirring. Add wine; cook 2 minutes, stirring occasionally and scraping brown bits from bottom of pot. Add 1½ cups of the water, remaining ¼ teaspoon salt and remaining ¼ teaspoon pepper, stock, and beef, with accumulated juices, to the pot.
5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 25 minutes. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.

6. Turn cooker off, and remove lid. Add potatoes, carrots, peppers. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 5 minutes. Open the cooker using Quick Pressure Release. Turn cooker off.
7. Gradually add the remaining ¼ cup water to the flour, stirring until smooth; add to stew, stirring constantly. Press [Sauté], and select "Less" mode. Cook, stirring frequently, 5 minutes or until stew boils and thickens slightly.

PRESSURE-PERFECT TIP

Don't be anxious to turn the beef right away. It's likely to stick. Give it time to begin sizzling and turn brown, and it will release easily from the pot.

Butternut Squash Soup

SERVES: 6
HANDS-ON: 11 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOKER (HIGH PRESSURE) • SAUTÉ (LESS)

The secret ingredient in this silky fall soup is curry powder. It's just a hint, but it gives it a distinctive flavor. It makes a great holiday dinner starter.

2 (14½-ounce) cans less-sodium chicken broth
1 small Granny Smith apple, peeled and cubed
4 cups cubed peeled butternut squash
1 cup chopped onion

1 teaspoon sugar
½ teaspoon table salt
½ teaspoon curry powder
⅛ teaspoon freshly ground black pepper
1 (5-ounce) can evaporated milk
Toasted squash seeds (optional)*

1. Combine first 8 ingredients (through pepper) in the inner pot of a 6-quart Instant Pot®. Close and lock the lid; turn the steam release handle to “Sealing” position. Cook at High Pressure 5 minutes. Open the cooker using Quick Pressure Release. Add additional time, if necessary, until squash and apple are very tender. Turn cooker off.
2. Process soup using an immersion blender until smooth. Stir in milk. Press [Sauté]; select “Less” mode. Cook, stirring constantly, 1 to 2 minutes or just until thoroughly heated. Do not boil. Sprinkle with toasted squash seeds, if desired.

*To toast squash seeds, place cleaned seeds on a jelly-roll pan coated with cooking spray. Bake at 350°F for 10 to 12 minutes, stirring once.

CHAPTER 7
VEGGIES

Stuffed Potatoes with Cheese and Sour Cream
Picnic Potato Salad
Hot German Potato Salad
Smoky Sweet Potato Mash
Maple-Pecan Sweet Potatoes
Sweet Potato-Carrot Tzimmes
Spiced Carrots with Olives and Mint
Braised Cabbage with Apple and Bacon
Pickled Beets
Lemon-Sage Spaghetti Squash
Herbed Lima Beans
Corn on the Cob with Seasoned Butter

Stuffed Potatoes with Cheese and Sour Cream

SERVES: 4
HANDS-ON: 18 MINUTES
UNDER PRESSURE: 18 MINUTES
QUICK PRESSURE RELEASE
BROIL: 3 MINUTES

STEAM (HIGH PRESSURE)

Start with the lower time for this recipe. Check tenderness quickly, and if potatoes are not tender, replace the lid, reset steam release handle, and cook for an additional 2 minutes.

1 cup water
4 (8-ounce) russet potatoes

3 ounces sharp Cheddar cheese, shredded (about ¾ cup)
½ cup sour cream
¼ cup finely chopped green onions
½ teaspoon table salt
¼ teaspoon freshly ground black pepper
1 ounce crumbled blue cheese (about ¼ cup)
½ cup grape tomatoes, quartered

1. Pour 1 cup water into the inner pot of a 6-quart Instant Pot®. Open a collapsible vegetable steamer, and place in bottom of cooker. Scrub potatoes, and pat dry. Rub potatoes lightly with oil. Arrange potatoes in 1 layer in steamer. Close and lock the lid. Turn the steam release handle to "Sealing" position. Press [Steam], and cook at High Pressure 18 to 20 minutes, or until tender. Open cooker using Quick Pressure Release.
2. Remove potatoes from cooker with tongs; cool slightly. Cut a 2-inch wedge out of the top of each potato (do not cut all the way to the bottom of the potato). Scoop out pulp, leaving a ¼-inch-thick shell, and place in a bowl.
3. Add Cheddar cheese, sour cream, 2 tablespoons of the green onions, ⅜ teaspoon of the salt, and pepper; mash with a potato masher until coarsely mashed. Spoon about ⅔ cup potato mixture into each shell; top each with about 1 tablespoon blue cheese and 1½ teaspoons green onions.
4. Preheat broiler.
5. Place stuffed potatoes on a small aluminum foil-lined baking sheet. Broil 3 to 5 minutes or until cheese melts and is lightly browned. Top potatoes with tomatoes, and sprinkle with remaining ⅛ teaspoon salt.

Picnic Potato Salad

SERVES: 5
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 4 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

How easy is it to be able to cook the potatoes and eggs together for potato salad? With the Instant Pot®, you can have room temperature potato salad in less than 30 minutes.

1½ cups water
2 pounds Yukon Gold potatoes, peeled and cut into 1-inch cubes
2 large eggs
½ cup mayonnaise
¼ cup diced celery
¼ cup sour cream
2 tablespoons finely chopped sweet onion
2 tablespoons sweet pickle relish
1½ teaspoons spicy brown mustard
½ teaspoon table salt
⅜ teaspoon freshly ground pepper

1. Open a collapsible vegetable steamer, and place it in the inner pot of a 6-quart Instant Pot®. Pour 1½ cups water into pot. Add potato to steamer, and place eggs, about 2 inches apart and away from sides of pot, directly on top of potato.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 4 minutes. When time is up, open the cooker using Quick Pressure Release. Place eggs in a bowl of ice-cold water, and transfer potato to a bowl; cool completely.
3. While potato and eggs cool, combine mayonnaise and next 7 ingredients (through pepper) in a bowl, stirring well.

When eggs and potato are cool, peel eggs, and place potato in a large bowl. Grate eggs into mayonnaise mixture. Stir to combine, and add to potato, stirring gently. Serve immediately, or cover and chill 12 hours.

Hot German Potato Salad

SERVES: 6
HANDS-ON: 18 MINUTES
UNDER PRESSURE: 2 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

This recipe goes together so quickly using the Instant Pot®, it's a good idea to have all the dressing ingredients measured and ready to add in rapid succession.

1½ cups water
2 pounds small red potatoes, peeled
6 tablespoons white wine vinegar
Cooking spray
½ cup finely chopped red onion
4 ounces turkey kielbasa, diced
½ cup fat-free, less-sodium chicken broth
3 bacon slices, cooked and crumbled
1 teaspoon caraway seeds
½ teaspoon table salt
¼ teaspoon freshly ground black pepper
½ cup minced fresh parsley

1. Open a collapsible vegetable steamer, and place it in the inner pot of a 6-quart Instant Pot®. Pour 1½ cups water into pot.
2. Cut potatoes in half lengthwise; cut crosswise into ¼-inch-thick slices. Add potato to steamer.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 2 minutes. When time is up, immediately open the cooker using Quick Pressure Release.
4. Place potatoes in a large bowl; cool slightly and sprinkle with 2 tablespoons of the vinegar.

5. While potato cools slightly, wash and dry inner pot, and return it to the cooker. With the lid off, press [Sauté]. Coat pot with cooking spray, and add onion and kielbasa. Cook, stirring constantly, 3 minutes or until onion is tender. Add the remaining ¼ cup vinegar, broth, and bacon; cook, stirring, 1 minute. Stir in caraway seeds, salt, and pepper.
6. Pour vinegar mixture over potato slices; toss gently. Sprinkle with parsley. Serve immediately.

Smoky Sweet Potato Mash

SERVES: 4
HANDS-ON: 10 MINUTES
UNDER PRESSURE: 11 MINUTES
QUICK PRESSURE RELEASE

STEAM (HIGH PRESSURE)

For mashing, sweet potatoes need to be very tender, so you may want to set the time toward the longer end of the cooking range, depending on the size of your potatoes. Always choose potatoes that are the same size for even cooking.

1 cup water
3 medium sweet potatoes (1½ pounds), scrubbed
2 ounces (¼ cup) butter, melted

¼ cup packed light brown sugar
½ teaspoon smoked paprika
¼ teaspoon table salt
4 cooked and crumbled bacon slices

1. Place steam rack, with handles in the up position, in the inner pot of a 6-quart Instant Pot®. Pour in 1 cup water. Place potatoes on rack.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook on [Steam] setting at High Pressure 11 to 14 minutes or until tender when pierced with a fork. Open the cooker using Quick Pressure Release. Remove potatoes from cooker.
3. When cool enough to handle, peel potatoes and place in a large bowl. Mash roughly with a potato masher. Stir in butter and next 3 ingredients (through salt). Sprinkle with crumbled bacon, and serve immediately.

Maple-Pecan Sweet Potatoes

SERVES: 6
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 4 MINUTES
QUICK PRESSURE RELEASE
BROIL: 10 MINUTES

STEAM (HIGH PRESSURE)

Cooking the potato pieces with the peel on helps to keep the edges firm. You may make this recipe ahead by chilling the potatoes overnight after removing the peel. The next day, slice and proceed with the recipe, adding a bit more time under the broiler to take the chill off.

1 cup water
2 large sweet potatoes (about 2 pounds), unpeeled and scrubbed
Butter-flavored cooking spray
2 ounces (¼ cup) butter, melted
½ teaspoon table salt
2 tablespoons finely chopped pecans
1 tablespoon brown sugar
2 tablespoons maple syrup

1. Open a collapsible vegetable steamer and place in the inner pot of a 6-quart Instant Pot®; pour in 1 cup water. Halve potatoes crosswise; cut each half in half lengthwise. Place potato pieces, flesh side down, in steamer.
2. Close and lock the lid. Turn the steam release handle to "Sealing" position. Press [Steam], and cook at High Pressure 4 minutes or until almost tender but still firm. Open the cooker using Quick Pressure Release. Remove steamer containing potatoes from cooker.
3. When cool enough to handle, pull the peel off potatoes; cut crosswise into ½-inch pieces. Line a large sheet pan with aluminum foil; coat foil with cooking spray. Place sweet potato, cut sides down in a single, flat layer, on prepared

pan. Coat potato with about 2 tablespoons of the melted butter, using a silicone pastry brush. Sprinkle potato with salt.

4. Preheat broiler to HIGH heat.

5. Broil potatoes in the upper third of the oven 5 minutes or until beginning to brown. Turn potato pieces over and brush with remaining butter. Broil an additional 5 minutes or until golden. Remove pan from oven; cool potato slightly, and transfer to a large bowl.

6. Sprinkle potato with pecans and brown sugar; drizzle with maple syrup and any remaining melted butter. Stir gently to coat, using a folding motion.

Sweet Potato-Carrot Tzimmes

SERVES: 8 TO 10
HANDS-ON: 18 MINUTES
UNDER PRESSURE: 1 MINUTE
QUICK PRESSURE RELEASE

STEAM (HIGH PRESSURE) • SAUTÉ (NORMAL)

Tzimmes is a traditional Jewish sweet stew made from carrots and dried fruits. This delicious veggie side has a surprising ingredient—ginger ale.

1 cup water
2 large sweet potatoes (2 pounds), scrubbed
1 cup (¼-inch-thick) slices carrot
½ cup ginger ale
¼ cup cranberry juice cocktail or apple cider
3 tablespoons vegetable oil
2 tablespoons fresh orange juice
½ cup packed brown sugar
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
½ cup dried apricots, cut into ¼-inch strips
¼ cup golden raisins

1. Open a collapsible vegetable steamer and place in the inner pot of a 6-quart Instant Pot®; pour in 1 cup water. Peel sweet potatoes, and cut in half crosswise; cut each half lengthwise into 8 wedges. Place potato wedges in steamer. Sprinkle carrot on top of sweet potato.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Press [Steam], and cook at High Pressure 1 minute or just until potato is tender but holds its shape. Open the cooker using Quick Pressure Release. Remove steamer with vegetables from the cooker. Place potato and carrot in a large bowl.
3. Pour out water from the inner pot; return pot to cooker.

4. Combine ginger ale and next 6 ingredients (through pepper) in pot, stirring to dissolve sugar. With lid off, press [Sauté], and cook 7 minutes or until syrupy, stirring frequently. Stir in apricots and raisins. Turn cooker off, and immediately pour sauce over vegetables. Stir gently to coat.

Spiced Carrots with Olives and Mint

SERVES: 5
HANDS-ON: 12 MINUTES
UNDER PRESSURE: 4 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

Carrots turn into an exotic Moroccan side dish with the addition of mint, cinnamon, coriander, and oil-cured black olives.

2 cups water
5 cups (1-inch) sliced carrots (about 2 pounds)
1½ tablespoons honey

1 tablespoon fresh lemon juice
½ teaspoon sea salt
½ teaspoon coriander seeds
¼ teaspoon red pepper flakes
1 (5-inch) mint sprig
1 (2-inch) cinnamon stick
1 garlic clove, minced
¼ cup oil-cured black olives, pitted and coarsely chopped
1 teaspoon rice vinegar
1 teaspoon extra-virgin olive oil
1 teaspoon chopped fresh mint
Garnish: mint sprigs (optional)

1. Place 2 cups water in the inner pot of a 6-quart Instant Pot®. Stir in carrots and next 8 ingredients (through garlic). Close and lock the lid. Turn steam release handle to "Sealing" position. Cook at High Pressure for 4 minutes. Open cooker using Quick Pressure Release.
2. Remove carrots from cooker with a slotted spoon, reserving liquid in inner pot. Press [Sauté]. Bring liquid to a boil; reduce to ¼ cup, stirring frequently. Turn cooker off.
3. Return carrots to the inner pot, stirring to coat. Stir in olives, vinegar, and oil. Let stand in cooker 1 minute or until thoroughly heated. Sprinkle with chopped mint. Garnish with mint sprigs, if desired.

Braised Cabbage with Apple and Bacon

SERVES: 6 TO 8
HANDS-ON: 32 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

SAUTÉ (LESS; NORMAL) • PRESSURE COOK (HIGH PRESSURE)

The addition of apple and bacon transforms lowly cabbage into an elegant and delicious side.

4 thick bacon slices
4 celery hearts, thinly sliced, leaves reserved
1 medium onion, thinly sliced
2 teaspoons fennel seeds (optional)
½ cup white wine
1 head red cabbage (about 2 pounds), thinly sliced
1 cup reduced-sodium chicken broth
1 cup unfiltered apple cider
1 garlic clove, thinly sliced
2 bay leaves
1 Granny Smith apple, thinly sliced
Salt and black pepper
1 tablespoon apple cider vinegar

1. Remove the lid from a 6-quart Instant Pot®. Place bacon in inner pot. Press [Sauté]. Cook at "Less" mode for about 8 minutes or until crisp, turning occasionally; remove bacon from pot, and drain on a paper towel. Turn cooker off. Crumble bacon and set aside. Remove inner pot from the cooker and pour off excess drippings, reserving 3 tablespoons drippings in the pot. Wipe rim of inner pot clean with a wet cloth. Return pot to cooker.
2. Press [Sauté], and add celery, onion, and if desired, fennel seeds; cook, stirring constantly, 6 minutes. Add wine, and

cook 2 minutes, stirring to remove brown bits from bottom of the pot.

3. Stir in cabbage and next 5 ingredients (through apple). Add salt and black pepper to taste. Close and lock the lid of the Instant Pot®. Turn steam release handle to “Sealing” position. Cook at High Pressure 5 minutes. Open the cooker using Quick Pressure Release. Stir in vinegar. Top with celery leaves and bacon.

Pickled Beets

SERVES: 6
HANDS-ON: 17 MINUTES
UNDER PRESSURE: 11 MINUTES
QUICK PRESSURE RELEASE
CHILL: OVERNIGHT

STEAM (HIGH PRESSURE) • SAUTÉ (NORMAL; LESS)

These beets are an excellent recipe choice to put the Instant Pot® through its paces. It makes quick work of steaming them, and the dish is finished with creamy Greek yogurt made ahead using the Yogurt setting.

2 bunches fresh beets
1½ cups water
1½ cups apple cider vinegar
½ cup water
¼ cup sugar
1 tablespoon kosher salt
2 whole allspice berries
2 whole cloves
1 teaspoon coriander seeds
1 bay leaf
1 cup plain Greek Yogurt
2 small garlic cloves, minced
¼ teaspoon kosher salt
Chopped fresh flat-leaf parsley
Chopped fresh mint
Fresh pomegranate seeds
Olive oil

1. Trim beets, leaving 1 inch of stem, and scrub.
2. Open a collapsible vegetable steamer, and place it in the inner pot of a 6-quart Instant Pot®. Pour 1½ cups water into pot. Place beets in steamer.

3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Press [Steam], and cook at High Pressure 11 to 13 minutes or until tender.
4. When time is up, turn the cooker off. Open the cooker using Quick Pressure Release. Remove the steamer and beets from cooker. Pour out water from inner pot; rinse pot, and dry thoroughly before returning to cooker.
5. Peel beets, and cut into quarters; place in a large bowl. Combine vinegar and next 7 ingredients (through bay leaf) in inner pot. With the lid off, press [Sauté], and bring mixture to a boil. Reduce temperature to “Less” mode, and simmer 15 minutes. Turn cooker off. Add vinegar mixture to beets in bowl. Cool to room temperature. Cover and chill several hours or overnight. Remove bay leaf.
6. Combine yogurt, garlic, and salt; cover and chill until ready to use.
7. Spread yogurt mixture evenly onto a serving platter. Top with drained beets, parsley, mint, and pomegranate seeds. Drizzle with olive oil.

Lemon-Sage Spaghetti Squash

SERVES: 4
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 9 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

Spaghetti squash is such a fun veggie. It has a subtle flavor that pairs easily with any number of other flavors, from delicate butter and sage in this recipe to bold tomatoes and herbs in Italian meat sauces.

1 (2-pound) spaghetti squash, washed and cut in half
1 cup water
2 tablespoons butter
¼ cup chopped onion

2 garlic cloves, minced
2 tablespoons grated fresh Parmesan cheese
2 teaspoons small fresh sage leaves, chopped
1 teaspoon grated lemon rind
½ teaspoon table salt
¼ teaspoon freshly ground black pepper

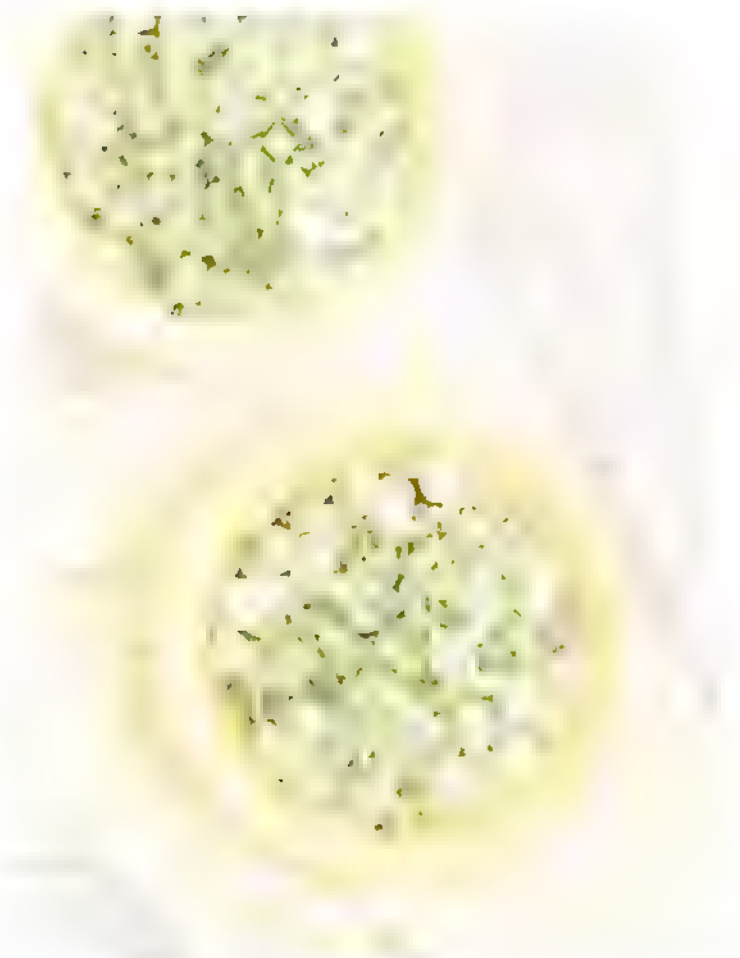
1. Scrape membranes from squash halves with a spoon, reserving seeds to roast, if desired.
2. Place steam rack, with handles in the up position, in the inner pot of a 6-quart Instant Pot®; pour in 1 cup water. Place squash halves, cut sides up, on rack.
3. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Cook at High Pressure 9 minutes. Open the cooker using Quick Pressure Release. Lift squash from the cooker using rack handles. Set aside on rack to cool.
4. While squash cools, pour out water from the inner pot; rinse with hot water, and dry thoroughly. Return pot to the cooker.
5. When squash is cool enough to handle, use a fork to remove spaghetti-like strands, and place in a bowl.
6. Add butter to inner pot. Press [Sauté]. When butter melts, add onion and garlic to pot; cook, stirring constantly, 2 minutes or until tender. Press [Cancel] to turn cooker off. Add squash strands to pot; stir 2 minutes or until thoroughly heated. Return squash to bowl; add Parmesan cheese and remaining ingredients, and toss well.

Herbed Lima Beans

SERVES: 4
HANDS-ON: 6 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

No need to thaw frozen vegetables when pressure cooking in the Instant Pot® or worry about the pot overflowing while they come to a boil.



1 (16-ounce) package frozen baby lima beans
2 cups water
2 tablespoons butter
¼ cup chopped fresh flat-leaf parsley
¼ cup chopped green onions

2 teaspoons chopped fresh rosemary
½ teaspoon table salt
¼ teaspoon freshly ground pepper

1. Combine lima beans and 2 cups water in the inner pot of a 6-quart Instant Pot®; close and lock the lid. Turn the steam release handle to “Sealing” position. Cook at High Pressure 5 minutes. When time is up, turn cooker off. Open the cooker using Quick Pressure Release. Quickly drain beans, and return to inner pot.
2. Add butter and remaining ingredients, stirring until butter melts.

Corn on the Cob with Seasoned Butter

SERVES: 4
HANDS-ON: 5 MINUTES
UNDER PRESSURE: 5 MINUTES
QUICK PRESSURE RELEASE

STEAM (HIGH PRESSURE)

Steaming corn on the cob prevents it from becoming waterlogged, which can happen if it is boiled. Serve this summer favorite with the seasoned butters below to spice up your next backyard barbecue.

1 cup water
4 ears fresh corn, shucked

Lemon-Curry-Spice Butter, or Honey-Chipotle Butter
Garnishes: freshly ground black pepper, chopped fresh chives, sliced fresh basil (optional)

1. Pour 1 cup water into inner pot of a 6-quart Instant Pot®. Place steam rack in pot. Place corn on rack. Close and lock the lid. Press [Steam], and cook on High Pressure 5 minutes.
2. When time is up, turn cooker off. Open the lid using Quick Pressure Release. Remove corn from pot. Brush with desired butter mixture. Garnish, if desired.

Lemon-Curry-Spice Butter

HANDS-ON: 3 MINUTES

1 tablespoon unsalted butter, melted
1 teaspoon extra-virgin olive oil
1 teaspoon fresh lemon juice
½ teaspoon kosher salt
½ teaspoon Madras curry powder
⅛ teaspoon ground turmeric

Combine all ingredients in a small bowl, stirring with a whisk until blended.

Honey-Chipotle Butter

HANDS-ON: 3 MINUTES

1 tablespoon unsalted butter, melted
1 teaspoon honey
½ teaspoon grated lime rind
1 teaspoon fresh lime juice
½ teaspoon kosher salt
½ teaspoon ground chipotle chile powder

Combine all ingredients in a small bowl, stirring with a whisk until blended.

CHAPTER 8
BEANS

Cooked Dried Beans
Rosemary-Garlic White Bean Mash
Refried Beans
Spicy Black Beans
Sweet and Spicy Baked Beans
Classic Hummus

Cooked Dried Beans

MAKES:: ABOUT 5 CUPS DRAINED BEANS AND 4 CUPS BEAN LIQUID
HANDS-ON: 8 MINUTES
UNDER PRESSURE: 15 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
SOAK: AT LEAST 8 HOURS

PRESSURE COOK (HIGH PRESSURE)

Keeping a variety of cooked dried beans in the freezer is a boon to jump-start recipes, especially soups and stews. Also, if you cook your own, you can control the sodium level by reducing or omitting the salt. But adding salt while cooking does not significantly affect the cook time or tenderness of dried beans and results in much better-tasting beans.

1 pound (2½ cups) dried beans*
Water for soaking
6 cups water
1 tablespoon canola oil
2 teaspoons table salt (optional)

1. Sort and wash beans; place beans in the inner pot of a 6-quart Instant Pot®. Cover with water to a depth of 2 inches above beans. Close and lock the lid, and let soak 8 hours or overnight. Drain beans, discarding soaking water.
2. Return beans to pot. Add 6 cups water, oil, and, if desired, salt.
3. Close and lock the lid of the Instant Pot®. Turn steam release handle to "Sealing" position. Cook at High Pressure for amount of time recommended below. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.
4. Use immediately, or divide cooked beans into 1- or 2-cup rigid freezer containers, and add cooking liquid just to the fill line to allow for expansion. Freeze up to 6 months.

*Choose from the following: black beans, black-eyed peas, chickpeas, Great Northern beans, kidney beans (red), kidney

beans (white, cannellini beans), lentils (brown), navy beans, or pinto beans.

Black beans: 20 to 25 minutes

Black-eyed peas: 20 to 25 minutes

Chickpeas: 35 to 40 minutes

Great Northern beans: 25 to 30 minutes

Kidney beans, red: 25 to 30 minutes

Kidney beans, white (cannellini beans): 35 to 40 minutes

Lentils (brown): 15 to 20 minutes

Navy beans: 25 to 30 minutes

Pinto beans: 25 to 30 minutes

PRESSURE-PERFECT TIP

Soaking dried beans shortens cook time and produces a better-textured product, but beans may also be cooked without soaking. Wash and sort beans; drain. Increase water to 8 cups. Add beans, oil, and, if desired, salt. Pressure cook at High Pressure for the times given. Allow a complete Natural Pressure Release.

Rosemary-Garlic White Bean Mash

SERVES: 4
HANDS-ON: 17 MINUTES
UNDER PRESSURE: 15 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
SOAK: AT LEAST 8 HOURS

PRESSURE COOK (HIGH PRESSURE • SAUTÉ (NORMAL)

While the Instant Pot® can cook dried beans without soaking, in this case, soaked beans are preferred to yield a creamier product.

1¾ cups dried Great Northern beans
Water for soaking
4 cups water
2 tablespoons olive oil
2¼ teaspoons table salt
2 garlic cloves, minced
¼ cup sour cream
1 teaspoon chopped fresh rosemary
½ teaspoon grated lemon rind
¼ teaspoon freshly ground black pepper

1. Sort and wash beans; place beans in the inner pot of a 6-quart Instant Pot®. Cover with water to a depth of 2 inches above beans. Close and lock the lid, and let soak 8 hours or overnight. Drain beans, discarding soaking water. Return beans to pot. Add 4 cups water, 1 tablespoon of the oil, and 1¾ teaspoons of the salt.
2. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 15 minutes. Allow a 10-minute Natural Pressure Release. Turn the steam release handle to "Venting" to release remaining pressure.

3. Drain beans, reserving cooking liquid. Rinse beans under cold running water; drain. Wash and dry inner pot; return to cooker.

4. Press [Sauté]. When the word “Hot” appears, swirl in remaining 1 tablespoon oil. Add garlic, and cook, stirring constantly, 30 seconds. Add beans; cook 3 minutes or until thoroughly heated, stirring frequently. Turn cooker off. Remove inner pot from cooker. Coarsely mash beans with a potato masher or fork. Stir in remaining ½ teaspoon salt and 2 tablespoons of the reserved cooking liquid, reserving remaining cooking liquid for another use. Stir in sour cream and remaining 3 ingredients (through pepper).

5. Return inner pot to the Instant Pot®. Press [Sauté]; cook, stirring constantly, 2 minutes or until beans are thoroughly heated. Turn cooker off, and remove inner pot from the cooker.

Refried Beans

SERVES: 10
HANDS-ON: 17 MINUTES
UNDER PRESSURE: 15 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
SOAK: AT LEAST 8 HOURS

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

You can vary the texture of the beans by mashing to your liking as they cook.

1 pound dried pinto beans
Water for soaking
2 tablespoons canola oil
½ cup chopped onion
2 garlic cloves, minced

6 cups cold water
2 teaspoons table salt
½ teaspoon ground cumin
¼ teaspoon ground chipotle chile powder
2 ounces diced cooked ham
6 ounces sharp Cheddar cheese, shredded (about 1½ cups)
Garnish: cilantro sprigs (optional)

1. Sort and wash beans; place beans in the inner pot of a 6-quart Instant Pot®. Cover with water to a depth of 2 inches above beans. Close and lock the lid, and let soak 8 hours or overnight. Drain beans, discarding soaking water.
2. Wash and dry the inner pot, and return it to the cooker. Press [Sauté]. When the word "Hot" appears, swirl in oil. Add onion, and cook, stirring constantly, 3 minutes. Add garlic; cook, stirring constantly, 30 seconds to 1 minute. Add 6 cups water, stirring to remove any brown bits from the bottom of the pot. Stir in beans and salt.
3. Close and lock the lid of the Instant Pot®. Turn steam release handle to "Sealing" position. Cook at High Pressure 15 minutes. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.
4. Drain beans, reserving cooking liquid. Return beans to inner pot. Add 1 cup reserved cooking liquid, cumin, and chipotle chile powder. Mash beans with a potato masher. Return inner pot to the cooker. Press [Sauté], and cook, stirring constantly, 5 minutes. Stir in up to ½ cup additional cooking liquid, and mash until desired consistency. (Beans will thicken as they cool.) Turn cooker off. Add ham, and stir until thoroughly heated. Remove inner pot from cooker. Spoon beans into a serving dish. Sprinkle with cheese and, if desired, garnish with cilantro.

Spicy Black Beans

MAKES: 6 CUPS
HANDS-ON: 10 MINUTES
UNDER PRESSURE: 10 MINUTES - 10-MINUTE NATURAL PRESSURE RELEASE
SOAK: AT LEAST 8 HOURS

PRESSURE COOK (HIGH PRESSURE)

Use these black beans to get a head start on black beans and rice, black bean soup, salad, or tostadas.

1 pound dried black beans
5 (10½-ounce) cans low-sodium chicken broth
1 cup chopped onion
½ cup chopped green bell pepper
½ teaspoon table salt
½ teaspoon freshly ground black pepper

¼ teaspoon ground cumin
¼ teaspoon ground coriander
¼ teaspoon cayenne pepper
2 large garlic cloves, minced
1 bay leaf

1. Sort and wash beans; place beans in the inner pot of a 6-quart Instant Pot®. Cover with water to 2 inches above beans. Close and lock the lid, and let soak 8 hours or overnight. Drain beans, discarding soaking water.
2. Return beans to pot. Place inner pot in cooker. Add broth and remaining ingredients. Close and lock the lid. Turn steam release handle to “Sealing” position. Cook at High Pressure 10 to 15 minutes or until tender. Allow a 10-minute Natural Pressure Release. Turn steam release handle to “Venting” to release remaining pressure. Open cooker. Remove and discard bay leaf. Use immediately, or divide cooked beans into 1-cup rigid freezer containers, and add cooking liquid just to the fill line to allow for expansion. Freeze up to 6 months.

Sweet and Spicy Baked Beans

SERVES: 12
HANDS-ON: 32 MINUTES
UNDER PRESSURE: 55 MINUTES
15-MINUTE NATURAL PRESSURE RELEASE
SOAK: AT LEAST 8 HOURS

SAUTÉ (NORMAL) • PRESSURE COOK (HIGH PRESSURE)

Those with more timid palates may want to remove the seeds from the jalapeños.

1 pound dried navy beans
Water for soaking
Cooking spray
4 bacon slices, cut crosswise into ¼-inch pieces
1 cup chopped onion (1 small)
3 cups water
⅓ cup light molasses
6 tablespoons packed dark brown sugar
3 tablespoons minced jalapeño chiles (about 1)
4 teaspoons Worcestershire sauce
2 teaspoons mustard
1¾ teaspoons table salt
¼ teaspoon cayenne pepper
¼ teaspoon liquid hickory smoke flavoring
⅛ teaspoon ground allspice
¾ cup ketchup

1. Sort and wash beans; place in the inner pot of a 6-quart Instant Pot®. Cover with water to 2 inches above beans. Close and lock the lid, and let soak 8 hours or overnight. Drain beans, discarding soaking water.
2. Wash and dry the inner pot. Coat pot with cooking spray. Return the inner pot to cooker; add bacon. Press [Sauté]. Cook until almost crisp, stirring frequently; turn cooker off. Continue stirring until bacon is crisp. Remove bacon from pot

with a slotted spoon. Discard all but 1 tablespoon of the drippings in pot. Add onion to drippings. Press [Sauté], and cook, stirring constantly, 3 to 5 minutes or until almost tender. Turn cooker off. Add ½ cup of the water, stirring to loosen brown bits from bottom of pot. Stir in molasses and next 8 ingredients (through allspice). Stir in remaining 2½ cups water.

3. Close and lock lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Cook at High Pressure 55 minutes. Allow a 15-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure.

4. Remove lid. Stir in ketchup. Press [Sauté]; cook 10 to 15 minutes or until desired consistency, stirring frequently. (As beans thicken, it may be necessary to reduce the temperature to "Less" mode to prevent sticking.) Beans will thicken more as they cool.

Classic Hummus

MAKES: 1⅔ CUPS
HANDS-ON: 5 MINUTES

Hummus makes a great addition to the lunch box.

1 garlic clove
¼ cup olive oil
2 tablespoons lemon juice
2 tablespoons tahini (sesame paste)
½ teaspoon ground cumin
¼ teaspoon table salt
¼ teaspoon freshly ground black pepper
1¾ cups drained cooked chickpeas*
2 to 3 tablespoons reserved bean liquid

Pita wedges, warmed, or pita chips

With processor running, drop garlic through food chute. Process until minced. Add olive oil and next 6 ingredients (through chickpeas); process until smooth, adding some of reserved bean liquid, if necessary, until desired consistency. Serve with pita wedges or chips.

*You may substitute 1 (15-ounce) can chickpeas, drained, with the liquid reserved for the cooked dried chickpeas.

CHAPTER 9
DESSERTS

Triple-Chocolate Cheesecake
New York Cheesecake
Lemon Burst Cheesecake with Blueberry Sauce
Mexican Chocolate Pound Cake
Lemon-Poppy Seed Zucchini Bread
Winter Fruit Crisp
Applesauce
Deconstructed Blueberry Cobbler

Triple-Chocolate Cheesecake

SERVES: 10
HANDS-ON: 26 MINUTES
UNDER PRESSURE: 44 MINUTES
20-MINUTE NATURAL PRESSURE RELEASE
CHILL: 8 HOURS

PRESSURE COOK (HIGH PRESSURE)

Rich, rich, rich. This cheesecake is triple rich, and triple the chocolate flavor, but half the calories of most. It doesn't need a heavy topping, just the simplicity of fresh raspberries and chocolate shavings.

Parchment paper
Butter-flavored cooking spray
1½ cups water

CRUST

⅔ cup chocolate graham cracker crumbs (4 full cracker sheets)
1 tablespoon sugar
1 tablespoon butter, melted
1 tablespoon water

TOPPING

1 tablespoon sugar
2 teaspoons unsweetened cocoa
½ cup light sour cream

FILLING

3 tablespoons Kahlúa or other coffee-flavored liqueur
3 ounces semisweet chocolate, chopped
¼ cup chocolate syrup
1 (8-ounce) package fat-free cream cheese, softened
1 (8-ounce) package ⅓-less-fat cream cheese, softened
1 cup sugar
2 tablespoons unsweetened cocoa
¼ teaspoon table salt
1 teaspoon vanilla extract
2 large eggs
Garnishes: chocolate shavings, fresh raspberries (optional)

1. Cut a round of parchment paper to fit the bottom of a 7-inch nonstick springform pan. Lightly coat bottom and sides of pan with cooking spray. Fit parchment paper in pan, smoothing out wrinkles. Lightly coat parchment paper with cooking spray. Pour 1½ cups water into inner pot of a 6-quart Instant Pot®.
2. Make the crust: Combine graham cracker crumbs and 1 tablespoon sugar. Stir in butter and 1 tablespoon water, blending well. Firmly press mixture into bottom and ½ inch

up sides of prepared pan. Freeze at least 10 minutes while preparing the topping and filling.

3. Make the topping: Combine 1 tablespoon sugar and 2 teaspoons cocoa in a small bowl, stirring until well blended. Add sour cream, stirring until well blended; cover and set aside.

4. Make the filling: Combine liqueur and chocolate in a small bowl. Microwave at HIGH 25 seconds; stir until smooth and glossy. Stir in chocolate syrup.

5. Place cheeses in a large bowl. Combine 1 cup sugar, 2 tablespoons cocoa, and salt, whisking until thoroughly blended; add to cheeses. Add vanilla, and beat at low speed with an electric mixer just until smooth. Scrape the sides of the bowl. Add both eggs at once; beat at low speed just until blended. Scrape sides of bowl, and stir by hand just until batter is uniform in chocolate color.

6. Remove crust from freezer. Pour filling into crust, smoothing top. Gently tap pan on counter to remove any air bubbles. Coat a 10-inch-long piece of aluminum foil with cooking spray, and cover pan, sprayed side down. Lightly crimp edges to secure foil to pan. Place pan on the steam rack. Using rack handles, gently lower pan into the inner pot. Place inner pot in the Instant Pot®.

7. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Turn off the [Keep Warm] light. Cook at High Pressure 44 minutes. Allow a 20-minute Natural Pressure Release. Turn pressure release handle to “Venting” to release any remaining pressure.

8. After all pressure is released, remove the lid, keeping it level to avoid dripping excess condensation onto foil. Lightly blot top of foil to remove any condensation. Use rack handles to remove pan from pot. Leave pan on rack. Carefully remove foil. If necessary, lightly blot top of cheesecake with a paper towel to remove any excess cooking spray.

9. Spoon topping in small dollops around edges and in center of cheesecake. Using a small offset spatula, spread

topping over cheesecake, being careful not to disturb the filling. Cool completely on rack. Cover and chill at least 8 hours.

10. Gently loosen cake from sides of pan with a plastic knife. Remove sides of pan, and transfer cheesecake to a serving plate. Cut into wedges and garnish with chocolate shavings and raspberries, if desired.

PRESSURE-PERFECT TIP

Make sure that the cream cheeses are completely softened so there will be no white flecks of cheese in the chocolate mixture.

New York Cheesecake

SERVES: 10
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 42 MINUTES
18-MINUTE NATURAL PRESSURE RELEASE
CHILL: 8 HOURS

PRESSURE COOK (HIGH PRESSURE)

This lightened version is just as dense and rich tasting as the original, but with fewer calories and less fat.

Parchment paper
Butter-flavored cooking spray
1½ cups water

CRUST

6 sugar-free pecan shortbread cookies (about 2¼ ounces), such as Murray

FILLING

2 (8-ounce) packages fat-free cream cheese, softened
11 ounces ⅓-less-fat cream cheese, softened
1 cup sugar
2 tablespoons all-purpose flour
2 teaspoons vanilla extract
1 vanilla bean, split lengthwise
⅛ teaspoon table salt
3 large eggs

TOPPING

1 (21-ounce) can cherry pie filling

1. Cut a round of parchment paper to fit the bottom of a 7-inch nonstick springform pan. Lightly coat bottom and sides of pan with cooking spray. Fit parchment paper in pan, smoothing out wrinkles. Lightly coat parchment paper with cooking spray. Pour 1½ cups water into inner pot of a 6-quart Instant Pot®.
2. Make the crust: Break cookies into the bowl of a food processor; process until finely ground. Sprinkle crumbs in bottom of prepared pan; press firmly. Coat crust with cooking spray. Freeze at least 10 minutes while preparing filling.
3. Make the filling: Combine first 7 ingredients (through salt) in a food processor. Process just until blended. Add eggs, 1 at a time, pulsing once after each addition. (Egg yolk may not be blended.) Do not overprocess.
4. Remove crust from freezer. Gently fold any visible egg yolk into filling, and pour filling into crust, smoothing top. Gently tap pan on counter to remove any air bubbles. Coat a piece of aluminum foil just large enough to cover the top of the pan with cooking spray. Cover pan with foil, sprayed side down. Lightly crimp edges to secure foil to pan. Place pan on

the steam rack. Using rack handles, gently lower pan into inner pot. Place inner pot in the Instant Pot®.

5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to the “Sealing” position. Turn the [Keep Warm] light off, and cook at High Pressure 42 minutes. Allow an 18-minute Natural Pressure Release. Turn steam release handle to the “Venting” position, and release remaining pressure.

6. After all pressure is released, remove lid, keeping it level to avoid dripping excess condensation onto foil. Lightly blot top of foil to remove any condensation. Use rack handles to remove pan from pot. Leave pan on rack. Carefully remove foil. Gently blot top of cheesecake with a paper towel to remove any excess cooking spray. Let cheesecake cool completely on rack. Cover and chill at least 8 hours. Gently loosen cake from sides of pan with a plastic knife. Remove sides of pan, and transfer cheesecake to a serving plate. Cut into 10 wedges, and spoon cherry pie filling evenly over wedges.

Lemon Burst Cheesecake with Blueberry Sauce

SERVES: 10
HANDS-ON: 22 MINUTES
UNDER PRESSURE: 42 MINUTES
18-MINUTE NATURAL PRESSURE RELEASE
CHILL: 20 HOURS

PRESSURE COOK (HIGH PRESSURE)

This cheesecake gets its creamy, smooth texture from labneh (yogurt cheese).

YOGURT CHEESE

2⅓ cups nonfat Plain Yogurt, undrained*
1½ cups water
Parchment paper
Butter-flavored cooking spray

CRUST

⅓ cup graham cracker crumbs (2 full cracker sheets)

FILLING

¼ cup (about 1.1 ounces) all-purpose flour
⅔ cup sugar
1½ teaspoons vanilla extract
2 teaspoons grated lemon rind
11 ounces ⅓-less-fat cream cheese, softened
¼ cup light sour cream
¾ cup egg substitute

BLUEBERRY SAUCE

½ cup sugar
1 tablespoon cornstarch
⅛ teaspoon ground nutmeg
Dash of table salt
½ cup water
1 cup fresh blueberries

½ teaspoon grated lemon rind
1½ tablespoons fresh lemon juice

1. Make the yogurt cheese: Place a colander in a 2-quart glass measure or medium glass bowl. Line colander with 4 layers of cheesecloth, allowing cheesecloth to extend over outside edges of bowl. Spoon yogurt into colander. Fold edges of cheesecloth on top of yogurt. Cover colander and bowl tightly with plastic wrap, and chill 12 hours.
2. Pour 1½ cups water into the inner pot of a 6-quart Instant Pot®. Cut a round of parchment paper to fit the bottom of a 7-inch nonstick springform pan. Lightly coat bottom and sides of pan with cooking spray. Fit parchment paper in pan, smoothing out wrinkles. Lightly coat parchment paper with cooking spray.
3. Make the crust: Firmly press graham cracker crumbs into bottom of prepared pan. Coat crumbs with cooking spray.
4. Make the filling: Measure yogurt cheese to equal 1¼ cups, reserving whey for another use. Spoon yogurt cheese into a large mixing bowl. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Add flour and next 5 ingredients (through sour cream) to yogurt cheese; beat at low speed with an electric mixer just until blended. Add egg substitute, beating just until blended. Pour batter into prepared crust.
5. Gently tap pan on counter to remove any air bubbles. Coat a 10-inch-long piece of aluminum foil with cooking spray and cover pan, sprayed side down. Lightly crimp edges to secure foil to pan. Place pan on steam rack. Using rack handles, gently lower pan into inner pot. Place inner pot in the Instant Pot®.
6. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Turn off the [Keep Warm] light. Cook at High Pressure 42 minutes. Allow an 18-minute Natural Pressure Release. Turn steam release handle to “Venting” to release remaining pressure.

7. After all pressure is released, remove lid, keeping it level to avoid dripping excess condensation onto foil. Lightly blot top of foil to remove any condensation. Use rack handles to remove pan from pot. Leave pan on rack. Carefully remove foil. If necessary, lightly blot top of cheesecake with a paper towel to remove any excess cooking spray. Cool completely on rack. Cover and chill at least 8 hours.
8. Make the blueberry sauce: Combine first 4 ingredients (through salt) in a 2-cup glass measure or medium bowl. Gradually add ½ cup water, stirring with a whisk until smooth. Microwave at HIGH 2 minutes, stirring with a whisk after 1 minute. Stir in blueberries. Cover and microwave at HIGH 1 to 2 minutes or until thickened. Stir in lemon rind and juice. Cool completely. Gently loosen cake from sides of pan with a plastic knife. Remove sides of pan, and transfer cheesecake to a serving plate. Cut into wedges, and serve with blueberry sauce.
*Commercial plain nonfat yogurt may be substituted.

Mexican Chocolate Pound Cake

SERVES: 8
HANDS-ON: 26 MINUTES
UNDER PRESSURE: 55 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

This cinnamon-scented cake has a fine, wonderfully moist texture. The glaze, which makes it extra rich and chocolaty, is just as glossy and elegant as ganache, but with much less fat, because it uses whey from nonfat yogurt instead of heavy cream.

Butter-flavored cooking spray
1½ cups water

CAKE

⅔ cup semisweet chocolate chips
4 ounces (½ cup) butter, softened
¾ cup sugar
2 large eggs
¼ cup chocolate syrup
2 teaspoons vanilla extract
1¼ cups (about 5.6 ounces) all-purpose flour
1½ teaspoons ground cinnamon
¼ teaspoon baking soda
Dash of table salt
½ cup nonfat Greek Yogurt whey*

GLAZE

½ cup semisweet chocolate chips
2 tablespoons nonfat yogurt whey

1. Coat a 6-cup nonstick Bundt pan with cooking spray. Pour 1½ cups water into the inner pot of a 6-quart Instant Pot®.
2. Make the cake: Place ⅔ cup chocolate chips in a microwave-safe bowl. Microwave at HIGH 1 minute and 30

seconds or until chocolate is melted and smooth, stirring after 1 minute.

3. Beat butter at medium speed with an electric mixer until creamy. Gradually add sugar, beating 5 to 7 minutes or until light and fluffy. Add eggs, 1 at a time, beating just until yellow disappears after each addition. Stir in melted chocolate, chocolate syrup, and vanilla until blended.

4. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 3 ingredients; add to butter mixture alternately with whey, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Pour batter into prepared pan, smoothing top. Tap pan on work surface to remove air bubbles. Cover top of pan with aluminum foil coated with cooking spray, coated side down. Lightly crimp edges to secure foil to pan. Place pan on the steam rack. Using rack handles, gently lower pan into inner pot. Place inner pot into the Instant Pot®.

5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to "Sealing" position. Turn off the [Keep Warm] light. Cook at High Pressure 55 minutes. Allow a 10-minute Natural Pressure Release. Turn steam release handle to "Venting" to release remaining pressure. Open the lid.

6. Use rack handles to lift pan from pot. Leave pan on rack. Remove foil. Let cake cool 10 minutes in pan. Loosen cake from sides and center of pan using a plastic knife or narrow spatula. Invert cake onto a wire cooling rack; cool completely.

7. Make the glaze: Microwave ½ cup chocolate chips in a microwave-safe bowl at HIGH 2 minutes or until chocolate melts, stirring after 1 minute. Stir chocolate, and add whey. Microwave 15 to 20 seconds or just until warm. Stir until smooth and glossy. Drizzle glaze over cake. Let stand until firm.

SWAP IN A SNAP!

Buttermilk may be substituted for the whey in the cake.

Lemon-Poppy Seed Zucchini Bread

SERVES: 12
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 55 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE
PRESSURE COOK (HIGH PRESSURE)

This buttery, pound cake–like bread is especially good when toasted. Serve it with a steaming cup of coffee for breakfast or a cold glass of milk for a snack.

Butter-flavored cooking spray
All-purpose flour

1½ cups water
4 ounces (½ cup) butter, softened
1⅓ cups sugar
3 large eggs
1½ cups (about 6.75 ounces) all-purpose flour
½ teaspoon table salt
½ teaspoon baking soda
2 teaspoons poppy seeds
½ cup nonfat Plain Yogurt
1 tablespoon grated lemon rind
1 cup shredded zucchini

1. Coat a 6-cup nonstick Bundt pan or loaf pan with cooking spray. Dust with flour, tapping pan to shake out excess. Pour 1½ cups water into the inner pot of a 6-quart Instant Pot®.
2. Beat butter at medium speed with a heavy-duty electric stand mixer until creamy. Gradually add sugar, beating until light and fluffy. Add eggs, 1 at a time, beating just until blended after each addition.
3. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Combine flour, salt, and baking soda, stirring with a whisk. Add poppy seeds, stirring with a whisk. Add to butter mixture alternately with yogurt, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Stir in lemon rind and zucchini. Spoon batter into prepared pan, smoothing top. Tap pan on work surface to remove air bubbles.
4. Cover pan with aluminum foil. Lightly crimp edges to secure foil to top of pan. Place pan on the steam rack. Using rack handles, gently lower pan into inner pot. Place inner pot into the Instant Pot®.
5. Close and lock the lid of the Instant Pot®. Turn the steam release handle to “Sealing” position. Turn off the [Keep Warm] light. Cook at High Pressure 55 minutes. Allow a 10-

minute Natural Pressure Release. Turn steam release handle to “Venting” to release remaining pressure. Open the lid.
6. Use rack handles to lift pan from pot, leaving pan on rack. Remove foil. Let cool 10 minutes in pan. Loosen cake from sides and center of pan using a plastic knife or spatula. Invert cake onto a wire cooling rack; cool completely.

Winter Fruit Crisp

SERVES: 8
HANDS-ON: 19 MINUTES
UNDER PRESSURE: 2 MINUTES
10-MINUTE NATURAL PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

Greek yogurt is a great topping for both sweet and savory dishes. Its tanginess balances the sweetness of this crisp. You can also drizzle a bit of heavy cream over the crisp.

3 Rome apples (1½ pounds), unpeeled and sliced
2 cups frozen cranberries (do not thaw)
1 (8-ounce) can crushed pineapple in juice, undrained
½ cup granulated sugar
1 cup packed brown sugar

6 tablespoons water
2 tablespoons cornstarch
2 tablespoons butter
2⅔ cups Maple-Pecan Granola (recipe at right)
Greek Yogurt, or whipped cream
Ground cinnamon (optional)

1. Combine first 4 ingredients (through granulated sugar), ½ cup of the brown sugar, and ¼ cup of the water in the inner pot of a 6-quart Instant Pot®, stirring to coat fruit with sugar. Let stand 5 minutes; stir to coat fruit with juice. Close and lock the lid of the Instant Pot®. Turn steam release handle to "Sealing" position, and cook at High Pressure 2 minutes. Open the cooker using a 10-minute Natural Pressure Release. Turn cooker off. Transfer fruit to a bowl with a slotted spoon.
2. Combine remaining 2 tablespoons water and cornstarch in a small bowl, stirring until smooth. Spoon 1 to 2 tablespoons hot fruit juice into the cornstarch mixture, stirring until blended. Stir cornstarch mixture into fruit juice.
3. Press [Sauté]. Bring to a boil; cook, stirring constantly, 1 minute or until thick. Turn cooker off. Add butter; stir until butter melts. Gently fold in fruit. Remove inner pot from cooker, and set aside to cool.
4. To serve, spoon about ⅔ cup fruit mixture into each of 8 dessert or gratin dishes. Sprinkle each serving with about ⅓ cup Maple-Pecan Granola, and top with Greek Yogurt or whipped cream. Sprinkle lightly with cinnamon, if desired.

Maple-Pecan Granola

SERVES: 12
HANDS-ON: 10 MINUTES
BAKE: 1 HOUR

This granola also makes an excellent layer for yogurt parfaits.

2 cups rolled oats

½ cup pecan pieces
½ cup maple syrup
¼ cup packed brown sugar
2 tablespoons canola oil
⅛ teaspoon table salt
Cooking spray

Preheat oven to 300°F. Combine first 6 ingredients (through salt); spread on a large jelly-roll pan coated with cooking spray. Bake at 300°F for 1 hour, stirring every 15 minutes. Cool completely. Store in an airtight container for up to 1 week, or freeze for 3 months.

Applesauce

MAKES: 2 QUARTS
HANDS-ON: 15 MINUTES
UNDER PRESSURE: 3 MINUTES
NATURAL PRESSURE RELEASE

PRESSURE COOK (HIGH PRESSURE)

Store-bought applesauce simply can't compete with the wonderful, fresh flavor of homemade. If you make it yourself, you can control the sweetness and spice amount.

¼ cup lemon juice
¼ cup fresh-pressed unfiltered apple cider
6 medium Granny Smith apples, peeled, cored, and quartered
6 medium-size Golden Delicious apples, peeled, cored, and quartered
¾ to 1 cup sugar
Ground cinnamon (optional)

1. Combine first 4 ingredients in the inner pot of a 6-quart Instant Pot®. Close and lock the lid. Turn steam release handle to "Sealing" position. Cook at High Pressure 3 minutes. Open the cooker using Natural Pressure Release.

2. Let apple mixture cool slightly; stir or process with an immersion blender to desired consistency. Stir in sugar and, if desired, cinnamon to taste. Cool completely. Transfer to desired size of mason jars or plastic freezer containers. Cover and store in the refrigerator up to 2 weeks or freeze up to 1 year.

PRESSURE-PERFECT TIP

Because applesauce can foam up into the pressure release valve, be sure to let the pressure drop completely so it doesn't spew.

Deconstructed Blueberry Cobbler

SERVES: 4
HANDS-ON: 16 MINUTES
UNDER PRESSURE: 3 MINUTES
QUICK PRESSURE RELEASE
BAKE: 10 MINUTES

PRESSURE COOK (HIGH PRESSURE) • SAUTÉ (NORMAL)

The crust for a traditional blueberry cobbler, if cooked in a pressure cooker, would be soggy from all the steam, but separating this berry dessert into its main parts solves the problem.

3 cups frozen blueberries
¾ cup sugar
2 teaspoons lemon juice
¼ teaspoon ground cinnamon
⅛ teaspoon table salt
Dash of ground nutmeg
3 tablespoons water
4 teaspoons cornstarch
Pastry Rounds, warmed
Toppings: Crème Fraîche (recipe at right), Greek Yogurt, or vanilla ice cream

1. Combine first 6 ingredients (through nutmeg) and 2 tablespoons of the water in the inner pot of a 6-quart Instant Pot®. Stir well, and let stand 5 minutes or until juice begins to form. Stir well to coat berries with sugar and juice.
2. Close and lock the lid. Turn steam release handle to the "Sealing" position. Cook at High Pressure 3 minutes. When time is up, turn cooker off. Open the lid using Quick Pressure Release. Turn cooker off.
3. Combine remaining 1 tablespoon water and cornstarch in a small bowl, stirring until smooth. Stir 1 to 2 tablespoons hot berry liquid into cornstarch mixture. Stir until blended. Stir cornstarch mixture into berry mixture in pot.
4. Press [Sauté]. Bring to a boil and cook 1 minute or until thickened and glossy, stirring frequently. Turn cooker off. Remove inner pot from cooker and set aside to cool.
5. Spoon warm blueberry filling evenly into 4 dessert bowls. Top with 1 to 2 Pastry Rounds. Serve with Crème Fraîche, Greek Yogurt, or vanilla ice cream.

PASTRY ROUNDS:
Preheat oven to 450°F. Unroll half of 1 (14.1-ounce) package refrigerated piecrust dough on a lightly floured surface. Cut into 4 rounds, using a 3½-inch round cutter. Place rounds on an ungreased baking sheet. If desired, sprinkle lightly with

bottled cinnamon-sugar, or sugar, pressing lightly to adhere. Repeat procedure with remaining half of dough. Bake at 450°F for 8 to 10 minutes or until golden brown and crisp. Remove from pan and cool completely on wire racks. Baked crusts may be placed in a rigid plastic freezer container and frozen up to 3 months. Reheat at 350°F in the oven or a toaster oven until hot and crisp. Makes 8 rounds.

Crème Fraîche

HANDS-ON: 2 MINUTES
STAND: 8 TO 24 HOURS
CHILL: 4 HOURS

This is a superb topping for fruit or berry desserts. It is thick and rich with a slight tang.

1 cup heavy cream
2 tablespoons cultured buttermilk

Combine heavy cream and buttermilk in a glass container. Cover and let stand at room temperature (about 70°F) from 8 to 24 hours, or until very thick. Cover and chill at least 4 hours. Store in the refrigerator up to 10 days. Cream will thicken as it chills.

Note: Do not use ultra-pasteurized cream or cream with additives for this recipe.

METRIC EQUIVALENTS

LIQUID INGREDIENTS BY VOLUME

¼ tsp				=	1 ml
½ tsp				=	2 ml
1 tsp				=	5 ml
3 tsp =	1 Tbsp		= ½ fl oz	=	15 ml
	2 Tbsp	= ⅛ cup =	1 fl oz	=	30 ml
	4 Tbsp	= ¼ cup =	2 fl oz	=	60 ml
	5⅓ Tbsp	= ⅓ cup =	3 fl oz	=	80 ml
	8 Tbsp	= ½ cup =	4 fl oz	=	120 ml
	10⅔ Tbsp	= ⅔ cup =	5 fl oz	=	160 ml
	12 Tbsp	= ¾ cup =	6 fl oz	=	180 ml
	16 Tbsp	= 1 cup =	8 fl oz	=	240 ml
	1 pt	= 2 cups =	16 fl oz	=	480 ml
	1 qt	= 4 cups =	32 fl oz	=	960 ml
			33 fl oz	=	1000 ml = 1 l

DRY INGREDIENTS BY WEIGHT

(To convert ounces to grams, multiply the number of ounces by 30.)

1 oz	=	1/16 lb	=	30 g
4 oz	=	1/4 lb	=	120 g
8 oz	=	1/2 lb	=	240 g
12 oz	=	3/4 lb	=	360 g
16 oz	=	1 lb	=	480 g

EQUIVALENTS FOR DIFFERENT TYPES OF INGREDIENTS

Standard Cup	Fine Powder (ex. flour)	Grain (ex. rice)	Granular (ex. sugar)	Liquid Solids (ex. butter)	Liquid (ex. milk)
1	140 g	150 g	190 g	200 g	240 ml
¾	105 g	113 g	143 g	150 g	180 ml
⅔	93 g	100 g	125 g	133 g	160 ml
½	70 g	75 g	95 g	100 g	120 ml
⅓	47 g	50 g	63 g	67 g	80 ml
¼	35 g	38 g	48 g	50 g	60 ml
⅛	18 g	19 g	24 g	25 g	30 ml

COOKING/OVEN TEMPERATURES AT SEA LEVEL

	FAHRENHEIT	CELSIUS	GAS MARK
FREEZE WATER	32° F	0° C	
ROOM TEMPERATURE	68° F	20° C	
BOIL WATER	212° F	100° C	
BAKE	325° F	160° C	3
	350° F	180° C	4
	375° F	190° C	5
	400° F	200° C	6
	425° F	220° C	7
	450° F	230° C	8
Broil			Grill

RECIPE INDEX

BREAKFAST
Beet-Poppy Seed Muffins
Carrot-Poppy Seed Muffins
Cherry-Hazelnut Oatmeal
Greek Yogurt
Hearty Oats and Grains
Maple-Pecan Granola
Oatmeal Waffles with Sautéed Apples
Peach-Oat Muffins
Plain Yogurt
Spicy Ham-and-Eggs Benedict
Yogurt Parfait

DESSERTS
Applesauce
Arborio Rice Pudding with Saffron
Crème Fraîche
Deconstructed Blueberry Cobbler
Lemon Burst Cheesecake with Blueberry Sauce
Lemon-Poppy Seed Zucchini Bread
Mexican Chocolate Pound Cake
New York Cheesecake
Rice Pudding with Pears and Raisins
Triple-Chocolate Cheesecake
White Chocolate-Strawberry Yogurt Ice Pops
Winter Fruit Crisp

MEATLESS
Tofu Lasagna

MEATS
Cheesy Sausage, Broccoli, and Quinoa Casserole
Fruited Lamb Tangine
Italian Pot Roast
Saucy Chipotle Barbecue Pork
Slow Cooker Barbecue Pork

Smoky Dry Rub
Super Simple Sloppy Joes
Sweet and Smoky Ribs
Tried-and-True Meat Loaf

POULTRY

Buffalo Chicken
Chicken-and-Green Chile Enchiladas
Chicken and Smoked Sausage Cassoulet
Chicken Spaghetti
Crisp-Crust Chicken Pot Pie
Greek Pizza with Chicken and Artichokes
Pressure Cooker Rotisserie-Style Chicken

SALADS & SANDWICHES

Curried Egg Salad Sandwiches
Farmer Salad
French Dip Sandwiches
Hot German Potato Salad
Parmesan Vinaigrette
Picnic Potato Salad

SIDES

Braised Cabbage with Apple and Bacon
Bulgur Pilaf
Butternut Squash Risotto
Citrus-Scented Rice with Fresh Basil
Classic Deviled Eggs
Classic Hummus
Cooked Dried Beans
Cooked Quinoa
Corn on the Cob with Seasoned Butter
Creamy Parmesan Grits
Garlic Mashed Potatoes
Hard-Cooked Eggs
Herbed Lima Beans
Lemon-Sage Spaghetti Squash
Maple-Pecan Sweet Potatoes

Peasant Bread
Pickled Beets
Poached Eggs
Quick Parmesan Risotto
Refried Beans
Rosemary-Garlic White Bean Mash
Skillet Cornbread
Smoky Sweet Potato Mash
Southern Grits
Spiced Carrots with Olives and Mint
Spicy Black Beans
Spicy Southwestern Deviled Eggs
Stuffed Potatoes with Cheese and Sour Cream
Sweet Potato-Carrot Tzimmes
Sweet and Spicy Baked Beans
Three-Cheese Macaroni and Cheese

SOUPS & STEWS

Butternut Squash Soup
Cincinnati Turkey Chili
Hungarian Beef Stew
Lentil Stew with Ham and Greens
Summer Brunswick Stew
Tuscan White Bean Soup with Proscuitto
White Chicken Chili

Instant Pot® and the Instant Pot® logo are registered trademarks of Double Insight, Inc. and are used throughout this publication with the permission of Double Insight, Inc. Instant Pot® is designed in Canada and manufactured in China.

e-ISBN: 978-0-84875-695-6

©2017 Time Inc. Books
Published by Oxmoor House, an imprint of Time Inc. Books
225 Liberty Street, New York, NY 10281.

All rights reserved. No part of this publication may be reproduced in any form or by any means without the prior written permission of the publisher, excepting brief quotations in connection with reviews written specifically for inclusion in magazines or newspapers, or limited excerpts strictly for personal use. Printed in the United States of America.

EDITORIAL DIRECTOR Anja Schmidt
RECIPE EDITOR Julie Christopher
PROJECT EDITOR Lacie Pinyan
ASSISTANT EDITOR Helena Joseph
EDITORIAL ASSISTANT Meira Bienstock
SENIOR DESIGNER Melissa Clark
DESIGNER Teresa Cole
PHOTO EDITOR Paden Reich
PHOTOGRAPHERS Erin Adams, Johnny Autry, Iain Bagwell, Jennifer Davick, Stephen DeVries, Alison Miksch, Becky Luigart-Stayner, Time Inc. Food Studios
PROP STYLISTS Cindy Barr, Elizabeth Demos, Lindsey Lower, Time Inc. Food Studios
PROP COORDINATOR Audrey Davis
FOOD STYLISTS Marian Cooper Cairns, Time Inc. Food Studios
RECIPE DEVELOPERS AND TESTERS Cooking Light Test Kitchen, Oxmoor House Test Kitchen, Southern Living Test Kitchen
SENIOR PRODUCTION MANAGER Greg A. Amason

ASSISTANT PRODUCTION AND PROJECT MANAGER Kelsey Smith
COPY EDITOR Jasmine Hodges
PROOFREADER Adrienne Davis
FELLOW Kaitlyn Pacheco

AT YOUR SERVICE

To send a comment or question, write to:
Oxmoor House Special Editions
4100 Old Montgomery Hwy., 4th Floor
Birmingham, AL 35209

INTERESTED IN MORE OXMOOR HOUSE COOKBOOKS?

Find a variety of titles from your favorite brands—*Southern Living, Cooking Light,* and many more. Whether you enjoy cooking, gardening, or decorating, you'll find a wealth of how-to books that can be shipped straight to your door. Please visit **timeincbooks.com** for our many special offers, or call 1.800.491.0551.

To search, savor, and share thousands of recipes, visit **myrecipes.com.**

Table of Contents

Cover
Title
Contents
Instant Pot® Starter's Guide
Chapter 1: Eggs
Chapter 2: Rice
Chapter 3: Cereals, Grains. and Pasta
Chapter 4: Yogurt
Chapter 5: Meats and Poultry
Chapter 6: Soups, Stews, and Chili
Chapter 7: Veggies
Chapter 8: Beans
Chapter 9: Desserts
Metric Equivalents
Recipe Index
Copyright